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PUBLISHED BY

NEXUS Magazine Pty Ltd, AUSTRALIA

EDITOR

Duncan M. Roads

CO-EDITOR

Catherine Simons

ASSISTANT EDITOR/SUB-EDITOR

Ruth Parnell

EDITORS' ASSISTANT

Jenny Hawke

UK OFFICE ADMINISTRATION

Marcus Allen

CONTRIBUTORS THIS ISSUE

Jon Rappoport; David Zeoli, ND, LAC;

Bruce Lipton, PhD; Nick Begich, MD;

Peter Petterson; Karen Mutton;

Michael E. Salla, PhD

CARTOONS

Phil Somerville

COVER GRAPHIC

John Cook, jscook@ozemail.com.au

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NEXUS UK OFFICE - 55 Queens Rd, E. Grinstead,
West Sussex, RH19 1BG.

Ph: 01342 322854; Fax: 01342 324574

e-mail address: nexus@ukoffice.u-net.com

Website: www.nexusmagazine.com

EUROPE OFFICE - Postbus 10681, 1001 ER
Amsterdam, The Netherlands.

Ph: +31 (0)228 324076; Fax: +31 (0)228 312081

e-mail address: nexus@fsf.nl

HEAD OFFICE - Articles, Reviews, etc.

PO Box 30, Mapleton, Qld 4560, Australia.

Ph: +61 7 5442 9280; Fax: +61 7 5442 9381

e-mail address: editor@nexusmagazine.com

ITALY OFFICE - c/- Avalon Edizioni, Piazza
Mazzini 52, 35137 Padova, Italy

e-mail address: info@nexusitalia.com

USA OFFICE -

PO Box 1248, Walterboro, SC 29488

Tel: +1 843 549 5985; Fax: +1 877 349 1928

Email: nexususa@earthlink.net

STATEMENT OF PURPOSE

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Editorial

Welcome to the 100th edition of NEXUS Magazine! We start with yet more reasons why you should avoid vaccinations. Far from saving mankind from "killer" diseases, vaccines are killing and maiming millions. Vaccinations are a self-perpetuating fraud. After more than a century of immunisation, the practice is so ingrained that its true believers are blind to the facts about its dangers.

Still on the health front is the issue of dental caries and how they've become an unrecognised plague of modern times. It's interesting that ancient peoples didn't clean their teeth much but had excellent dental health (according to anthropologists), whereas modern cultures clean regularly (with all sorts of toxic and abrasive chemicals) and have worsening dental health. Does the word "diet" ring any bells here?

Moving into other realms of consideration, we are happy to present an article excerpted from *The Biology of Belief* by Dr Bruce Lipton. It focuses on how parents can help shape the character and nature of their children—before they are even born. It is not just physical genetics that are passed down; indeed, belief system genetics are probably more powerful in shaping a child than we have realised.

Speaking of belief system genetics, whoever is in a position to shape our primary belief systems is literally in control of us. For decades the technology has existed where your mind, thoughts and emotions can be "overridden" and replaced. The trouble is that this technology is becoming more refined and more effective, and we are becoming less aware of its pervasive influence. This edition we have the first of a two-part extract by Dr Nick Begich, summing up the brave new world of mind control.

The article in Science News this issue really excites me. It is about cymatics, which is basically the science/art of representing sound in the form of shapes. I was amazed to learn that in some ancient languages (Hebrew and Sanskrit), the shape that the *sound* of a vowel makes is the same shape as the written glyph used to represent the vowel! Crop circle enthusiasts will recognise some of these shapes created by sound.

I'm also excited to present an article about Lobsang Rampa, and congratulations to author Karen Mutton on some excellent research. I can say without hesitation that I would not be sitting here typing this editorial today if I had not been exposed to the ideas of Lobsang Rampa way back in the 1970s. Like many, I was disappointed to learn via mainstream media that Rampa had been passed off as merely the son of a Cornish plumber and dismissed as the transmigrated Tibetan lama that he claimed to be. I've always wondered about the truth of the matter. After all, many of the things he discussed have been shown to be true. Upon investigating the full story, you realise yet again that truth can be stranger than fiction. So, in honour of the mind-opening in millions of people around the world which was inspired by Tuesday Lobsang Rampa, we present what should have appeared in the mainstream press all those years ago.

The issue of exopolitics and space weaponisation appears yet again in this edition. A former Canadian minister of defence has come out and declared UFOs are real, and that we should be seeking good relations with them. He is concerned that the covert weaponisation of space is an attempt to provide Earth with a defence against ETs—and so he should be. For one thing, I doubt that we have the technology to defend against determined ET invaders (if there are any); and for another, I'm more worried that the secret government is putting those weapons up there to be used to control dissidents, i.e., people like us!

In our Twilight Zone section, an interesting near-death experience is described. The manner in which the child was revived has profound implications, but the messages brought back about creating a better future for humanity are of equally profound importance.

On the NEXUS events front, I have little news. I'm only going to do one conference this year, and it is probably going to be in Vancouver, Canada, around mid- to late September. Details will be published in our next issue and on our website. The reason for the scale-back this year is that I have other projects I wish to devote time to setting up—like another one hundred issues of NEXUS!

To mark this, our 100th issue, it is fitting that I take the opportunity to thank my hard-working staff, my patient family, our equally patient advertisers and contributors, and of course you—the thoughtful readers of this thought-provoking information. I hope you stay open-minded and continue to challenge everything you are told by "experts" of all types.

Duncan

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Letters to the Editor ...

Compromised Veterinarians

Dear Duncan: Thank you for following up on my suggestion that NEXUS magazine cover the issue of over-vaccinating companion animals. I know I am not the only one to have found Catherine O'Driscoll's article [vol. 12, no. 6] very disturbing as well as informative.

After my own dog developed some classic signs of canine distemper, including encephalitis and "hardpad", following a vaccination booster, I approached a veterinarian whom I knew and who works within the Australian Veterinary Association (AVA). That veterinarian told me the vaccination protocols in Australia are very contentious, adding that "it is a major source of income versus the immunological need of the pet".

Virbac, which is a major manufacturer of veterinary vaccines, recently undertook research within the veterinary profession to determine veterinarians' thoughts on vaccination. The results of that research were contained in the August 2005 issue of the Virbac Newsletter that is circulated to all veterinarians. The following is listed among its main findings: "89% of veterinarians indicated that dog and cat vaccinations were indeed the number one contributor to practice turnover and 91% of veterinarians felt that a change from annual vaccination would have an adverse effect on their practice turnover".

Virbac manufactured the vaccine which almost killed my dog and caused lasting damage to her. Had the vaccinating veterinarian adhered to the AVA's Guidelines on the Responsible Use of Immunobiologicals in Cats and Dogs, then my dog would not have been exposed to the risk.

We've seen Tom Lonsdale kicked out of the AVA for whistleblowing on the unhealthy relationship between veterinarians and manufacturers of processed pet food, and through my experience I discovered that veterinarians also have a less-than-healthy relationship with manufacturers of vaccines and other veterinary pharmaceuticals. I also learned that veterinarians are not accountable for grossly irresponsible use of potent immunobiological agents—which surely has public health and environmental implications.

The AVA and the Veterinary Surgeons Boards act in the interests of veterinarians. Does anyone know of an authority that acts in the interests of consumers of veterinary services, and/or of any research into the environmental impact of large-scale shedding of viruses—which may not have been properly attenuated and may have the potential to mutate—following vaccination?

Regards,

Pat Styles, K9 Vaccination Concern, Perth, Western Australia, <http://www.freewebs.com/novaxx/>

Overvaccination of Pets

Hi Duncan: I was fantastically surprised to see NEXUS cover the story of "pet vaccination" in the Oct–Nov 2005 issue [12/06]. It is something that I have been very interested in for a while, and I am so glad to see that it is now able to make its way to more readers who share similar concerns for their pets' health.

I myself own Vera, a nine-year-old dog who is the light of my life, and a four-year-old cat, Crystal. I first became interested in the topic of "over-vaccination" when I found out about titre testing and found my dog was still "protected" 18 months after her last vaccination. No more shots for her!

I belong to a dog club, the only one in Australia that accepts titre testing as part of the requirement for joining (over the usual vaccination certificate).

I have been reading up and getting more informed about the choices I can make in regard to their health, but what is most frustrating and very annoying is that the more questions I ask from "the experts" (vets and vaccine manufacturers), the more of a merry-go-round I am sent on, chasing info. It seems they are all too willing to sell you their product, but as long as you don't ask too many questions regarding its safety.

I am so glad that you published the story and it will now reach the greater public of like-minded readers who may then pass on the info to their "non-NEXUS" friends.

I am getting more and more motivated with a group of friends in trying to break through the barriers of getting more information and hopefully lobbying for changes within the "system", and

would like to invite any other NEXUS readers who share these concerns to join me and get informed along the way...

Maria, Sydney, Australia, a_h_u_g@hotmail.com

The Scale Expanding Cosmos

Dear Duncan: Is the Big Bang dead? That is the claim of Dr Johan Masreliez. In a landmark paper to be published in *Physics Essays* in March 2006, Johan has built a convincing case that we must reassess the significance of time. He believes in a universe that is eternal: it has no beginning and no end. The theory is called "the Scale-Expanding Cosmos".

In this universe, time was incrementally faster in the past and will be incrementally slower in the future. The scale expansion is time. The scale expansion allows the universe to be eternal because it provides the energy for the universe. The oscillation of the scale expansion provides the basis for quantum mechanics from the equations for general relativity, so Johan may have solved the unified field theory.

The SEC is falsifiable, but appears to fit the data much better than the standard cosmological model, i.e., the Big Bang theory.

Richard Moody, Jr, Schoharie, New York, USA, slmrea@aol.com

Praise for Therapeutic Ioniser

Dear Duncan: I want to publicly thank Joshua Shaw for his wonderful invention of the Bionic Products machines (the Elanra Therapeutic Ionisers).

I used to spend at least 4–5 times a year in hospital with chest pains and numerous complaints, all that inconvenience of ambulances, oxygen, heart machines and specialists, and not to forget the costs.

The year 2005 was free of all that because as soon as any discomfort or pain or anxiety hit me, I grabbed the ioniser and after a lie down for 20 minutes I felt refreshed and new again. A wonder machine is the portable ioniser.

My husband's terrible snoring has nearly abated and he can sleep so well. Our children have purchased these ionisers as well as friends, and they can only say positive things about them.

Yours sincerely,
H. and D. F., Australia

Vedic Wisdom Books

Dear Duncan: I am a long-time NEXUS reader. In the last 20 years, I spared no expense on literature regarding spirituality and free energy and conducted many experiments in both fields. All this was a part of my great quest to discover the truth about these matters and to use what I learned to improve my life and that of others.

I found, however, that having reached a high level of knowledge on these subjects, it was difficult to find new information and it was often the case that a new book would tell me nothing that I didn't already know.

But all this changed when I came across a series of books in Russian called *The Ringing Cedars of Russia*. Basically, these books make all the books that I've read to date look like a complete waste of paper!

What makes these books so special is that they were written with the help of the surviving members of the Vedic culture living in the Siberian taiga.

The books contain the knowledge that has been kept the strictest of secrets for the last 10,000 years by those who wanted to control the world—to the point that a special language was developed to pass these secrets to the next generations, but nothing was ever written down.

The books explain very clearly and in great detail the wisdom of 30,000 years of the magnificent Vedic culture, as well as give detailed and correct accounts of history. Most importantly, it is explained how every person can reach their full potential.

The 10 books from *The Ringing Cedars of Russia* series are now being released in English (as well as 20 other languages).

I would like to recommend them to the readers of NEXUS because I think that going through life without this knowledge is a waste of time, and not passing it on to children is a crime. I can say with confidence that nothing like these books exists in the world today.

High regards,
Rafal F., Australia

[Thanks, Rafal: I will be getting the books to read for myself. Readers can visit the website for the books at <http://www.ringingcedars.com>. Ed.]

... more Letters to the Editor

NB: Please keep letters to approx. 150 to 250 words in length. Ed.

Questions over Mayan Diary

Hi, Duncan: Thank you for another great edition; I loved reading it. I just wanted to say something about the Diary you are promoting, the *13-Moon Diary of Natural Time: A Way to Live the Ancient Maya Calendar*.

I recently read an article in *Insight* magazine about how this Dreamspell/13-Moon calendar has never been used by the Maya. To quote from the article:

"In the words of Adam Rubel of Saq Be, an organisation reflecting indigenous and especially Mayan views, 'Regarding the Dreamspell and work of Argüelles: it has been made clear, I think everybody here understands, the need to distinguish this system from any relation to the Mayan tradition. This is the wish of the elders, that the confusion and misrepresentation cease.'

"Even with this wish of the Mayan elders, many of its protagonists however have been falsely presenting this calendar system as Mayan and very few critical voices have been raised against the Dreamspell/13-Moon calendar being presented as such. Mostly this is due to a lack of knowledge about the true Mayan calendar, but also because those teaching the Dreamspell calendar do not provide adequate information about the origin of this and why it was invented."

Some of this article has some very interesting questions about how they (José and Lloydine Argüelles) came up with dates to anchor the Tzolkin count in time, and it wonders about their hidden agendas. The article was written by Dr Carl Johan Calleman, <http://www.calleman.com>, cosm@froggy.com.au.

I have an interest in finding out more about the ancient Maya, and I was glad to have read Carl's article as I've intuitively *not* been drawn to the Dreamspell calendar, even though that is what is promoted as the Mayan calendar (or "A Way", as in the advertisement).

Anyway, I just wondered if you, as the exclusive agent for this calendar, have looked into how authentic (or not) this is. Thanks for your time.

Kind regards,
Rebecca

[Good question, Rebecca. No, I have not looked into how authentic or not this diary is, mainly because

there are so many differing opinions from so many "experts". Which "expert" should I believe? And then there is the "politics" between the researchers within the Mayan calendar scene (just as there is with every other topic we cover) which further clouds one's perception of where to find the truth of the matter. If you finally figure out who is right and why, let me know. Ed.]

Breathing Exercises for Asthma

I was very interested in the article about asthma and the Buteyko method [vol. 13, no. 1]. I am now aged 59 but suffered badly with asthma as a child, before the era of steroid-based medication. There was a type of inhaler available but our family GP (yes, in the days when there were such doctors) advised my mother against its use on the grounds of the risk of dependency.

Instead, I was referred to the Brompton Hospital in central London. There the therapy applied for the condition was essentially one of teaching us to manage and control our breathing.

I attended for a period on an outpatient basis with a large group of others. The staff first initiated vigorous physical activity games which got us all thoroughly breathless, and then we laid on beds and were taken through a series of breathing exercises.

I was young and do not recall the approach being given a name, but it is consistent with the approach described in your article. It was certainly effective for me and the condition gradually abated, only to recur sporadically when I was a bit older and asthma was triggered by hay fever-type allergic reactions.

It would be interesting to know the basis of the Brompton Hospital method and whether they or any other hospitals still use it at all.

Chris Allen, West Sussex, UK

Mercury Lowers Selenium

Hi, Duncan: I have just been reading through the latest NEXUS and found your article about cancer and selenium [vol. 13, no. 1, p. 9]. This matter was brought up by Professor W. Kostler, President of the Austrian Society of Oncology, at the First World Congress [on Cancer] in Sydney, 1994. To quote from the *Proceedings*:

"I want to emphasise that there is a very strong interaction between some trace elements, and I'll focus on mercury and selenium. A surplus of mercury causes a diminution of selenium. Why is that important?"

"Most of our cancer patients have a lot of amalgam dental fillings. I remember a study we made a few years ago at the University of Vienna. One group of students with amalgam fillings had to chew a chewing gum for twenty minutes, and the other group had to drink hot lemon juice for twenty minutes. We wanted to know what happens with the mercury level in their blood. By chewing the gum, with dental fillings of amalgam, or by drinking hot and acid juices, there was always a big mercury intake in the blood.

"In the same way, the level of selenium was lowered because a lot of selenium was needed to detoxify the mercury to mercury selenite, and therefore it was not available any longer. What we didn't expect was that the immune status showed us a small decrease in the immune-competent cells after this test—after twenty minutes of chewing gum or drinking hot juice."

He states clearly that there is only one thing that drops selenium levels this rapidly in cancer patients, and that is mercury—and, of course, there is only one place that provides the most mercury.

All the best,

Robert Gammal, BDS FACNEM (Dent), <http://www.bcd.com.au/>

[Thanks, Robert: You can add the mercury contained in vaccine adjuvants to the list of sources of mercury contamination. Ed.]

Creating our Future Lives

Dear Duncan: I found Ian Lawton's article, "Past Lives, Future Lives and the Nature of Time" [13/01], refreshingly free of gobbledegook and well reasoned. The worldview presented turns on the nature of time.

However, what if time does not exist and is merely an intellectual construct to give form to motion in a fluid reality? It enables us to believe reality is fixed. The fact that time can only be observed by using a regulated motion reinforces the notion of an intellectual construct...

Perhaps we create our own future lives even while living out this one, as a never-ending quest. I suspect we are already part of our own destiny.

John B., Oakley, UK

Flu Vaccine and Alzheimer's

Dear Duncan: Two readers' letters in your current issue [13/01] require medical input. I have been researching public health toxicology for 11 years and been published in four medical journals, with 1,750 entries on Google today.

Katrina from Toowoomba comments correctly on increased cancer prevalence from the Maralinga nuclear tests. I recommend the two recent Roger Cross books published by Wakefield Press in Adelaide—*Fallout* and *Beyond Belief* [see reviews in NEXUS 8/05 and 12/06; Ed.].

The cancers would include malignant melanoma, both rife in Queensland and South Australia but also rife in Scotland which has lots of radioactivity but little sunshine! The other cancers like brain, etc., also fit.

However, I wonder if the multiple chemical sensitivity noted is not due to organophosphate pesticide/sheep-dip/herbicide exposure on the sheep farm. OPs were in widespread use by 1960.

The letter by Andrew C. in Australia exposes excess aluminium exposure in some drinks, as aluminium has been documented as being a cause of Alzheimer's disease.

I am far more concerned about repeated annual doses of flu vaccine. Most brands contain thimerosal and in the UK are promoted for the elderly and infirm who are the least able to deal with the mercury in thimerosal, as most would have low levels of zinc and selenium which are required to detox the mercury. In fact, if three or more annual jabs of flu vaccine with thimerosal are given, the incidence of Alzheimer's rises 10 times.

I wonder if Australian practice follows the UK's disastrous vaccination policy? My reports on vaccines are on the bottom of the main page of www.countrydoctor.co.uk.

Yours sincerely,

Dr Dick van Steenis, MBBS, Burghill, Hereford, UK

RESEARCH SHOWS HAPPINESS LEADS TO SUCCESS

A team of researchers has come up with a startling finding: it is better to be happy than sad. And that, the team concludes, may put you on the road to success.

That finding may seem a tad obvious, but the fact is that a lot of research has pointed in another direction, contending that happiness is the result of a lot of things: success at work, a good marriage, a fit body, a fat bank account.

But according to psychologists at three universities, that's backward. They conclude that people aren't happy because they are successful, but are successful because they are happy.

The researchers combed through 225 studies involving 275,000 people and found that most researchers put the proverbial cart before the horse. Most investigators "assume that success makes people happy". However, they conclude that happy people are easier to work with, more highly motivated and more willing to tackle a difficult project, thus they are more likely to be successful.

"What is the hallmark of happiness?" the researchers asked. "Our focus in this article is on happy individuals—that is, those who experience frequent positive emotions such as joy, interest and pride, and infre-



quent (though not absent) negative emotions such as sadness, anxiety and anger."

Most people who are miserable seem eager to share their misery.

"Happy moods appear to lead people to seek out others and to engage with the environment at large, to be more venture-some, more open and more sensitive to other individuals."

But there may be a downside. Sometimes, especially when the subject is "chronically happy", co-workers may find all that cheerfulness a bit annoying.

(Source: ABC News, December 21, 2005, <http://abcnews.go.com/Technology/story?id=1424940>)

ACUPUNCTURE'S EFFECTS NOT ALL IN THE MIND

Clinical studies suggest that acupuncture can help treat a variety of conditions, but no one is sure exactly how it achieves its effects. Acupuncture can stimulate the release of painkilling endorphins, but so can pretending to insert an acupuncture needle.

George Lewith and colleagues at the University of Southampton, UK, split 14 people who suffer from osteoarthritis into three groups. All had a needle applied to an acupuncture point on the hand.

The first group was treated with blunt needles that did not penetrate the skin. The participants were told this was not real acupuncture, and PET scans showed that only brain areas involved in sensing

touch lit up.

The second group was treated with sham needles that retract into their shaft. This group believed they were receiving real acupuncture, and the scans revealed activity in brain areas that release endorphins.

In the third group, proper needles were inserted. Not only did the endorphin areas of the brain light up, but so did another area called the ipsilateral insula which is known to be important in the perception of pain.

(Source: New Scientist, 7 May 2005)

EVIDENCE THAT ALZHEIMER'S DISEASE IS A TYPE OF DIABETES

Researchers at Rhode Island Hospital and Brown Medical School have discovered that insulin and its receptors drop significantly in the brain during the early stages of Alzheimer's disease, and that levels decline progressively as the disease becomes more severe—further evidence that Alzheimer's is a new type of diabetes.

They also found that acetylcholine deficiency, a hallmark of the disease, is linked directly to the loss of insulin and insulin-like growth-factor function in the brain.

The study, published in the November 2005 issue of the *Journal of Alzheimer's Disease*, is the first to look at insulin levels early in the course of the disease.

"Insulin disappears early and dramatically in Alzheimer's disease. And many of the unexplained features of Alzheimer's, such as cell death and tangles in the brain, appear to be linked to abnormalities in insulin signaling. This demonstrates that



the disease is most likely a neuroendocrine disorder, or another type of diabetes," said senior author Suzanne de la Monte, a neuropathologist at Rhode Island Hospital and a professor of pathology at Brown Medical School in Providence, Rhode Island.

The researchers also offered an explanation for the acetylcholine deficiency that is linked to dementia and has long been recognised as an early abnormality in Alzheimer's. They found that insulin and IGF-I stimulate the expression of choline acetyltransferase (ChAT), the enzyme responsible for making acetylcholine. This discovery shows a direct link between insulin and IGF-I deficiency and dementia.

"We're able to show that insulin impairment happens early in the disease. We're able to show it's linked to major neurotransmitters responsible for cognition. This work ties several concepts together, and demonstrates that Alzheimer's disease is quite possibly a type three diabetes," said Professor de la Monte.

(Source: Lifespan, November 30, 2005, http://www.lifespan.org/news/2005/11/RIH_Alzheimer_11_30_05.htm)

BRAINWAVE ACCESS TO BANK ACCOUNTS AND HOMES

Canadian researchers hope soon to be able to use brainwaves to unlock doors and get access to bank accounts, making it possible to do away with key cards, PIN numbers and a litany of other security tools that allow people to retrieve bank money, access computer data or enter restricted buildings.

"A user would simply think their password," said Julie Thorpe, a researcher at Carleton University in Ottawa, who hopes to develop the first biometric security device to read the mind to authenticate the user. Her idea, yet to be proved viable for commercial application, assumes that brainwave signals, like fingerprints, vary slightly from person to person, even when they think alike.

"Everyone's brainwave signal is a bit different, even when they think about the same thing. They're unique, just like fingerprints," she told AFP. A user would only have to think up a different password and save it on a computer, Thorpe said, describing what would become the world's first changeable biometric security tool.

Whereas slight differences in brainwave patterns have created difficulties for researchers trying to build universal tools that could translate thoughts into computer

commands, these peculiarities make brainwaves ideal for security applications.

"You could use a sound or music or childhood memory as your pass," Thorpe said. "You could even flash someone an image to help them remember their password," she said.

Thorpe must still prove that people can reproduce clear, concise signals over and over. "Often, unconscious thoughts, maybe a song in the back of your mind, may blur a signal. There's a lot going on in people's heads," she said.

(Source: Agence France-Presse via Physorg.com, December 14, 2005, <http://www.physorg.com/news9034.html>)

EVERY CAR JOURNEY TO BE MONITORED IN THE UK

Britain is to become the first country in the world to record the movements of all vehicles on the roads. A new national surveillance system will hold the records for at least two years.

With a network of cameras that can automatically read every passing number plate, the plan is to build a huge database of vehicle movements so that the police and security services can analyse any journey a driver has made over several years.

The network will incorporate thousands of existing CCTV cameras which are being converted to read number plates automatically to provide 24/7 coverage of all motorways and main roads as well as towns, cities, ports and petrol-station forecourts.

By March 2006, a central database

installed alongside the Police National Computer in Hendon, north London, will store the details of 35 million number-plate "reads" per day. These readings will include time, date and precise location, with camera sites monitored by global positioning satellites.

Already there are plans to extend the database by increasing the storage period to five years and by linking thousands of additional cameras so that details of up to 100 million number plates can be fed each day into the central databank.

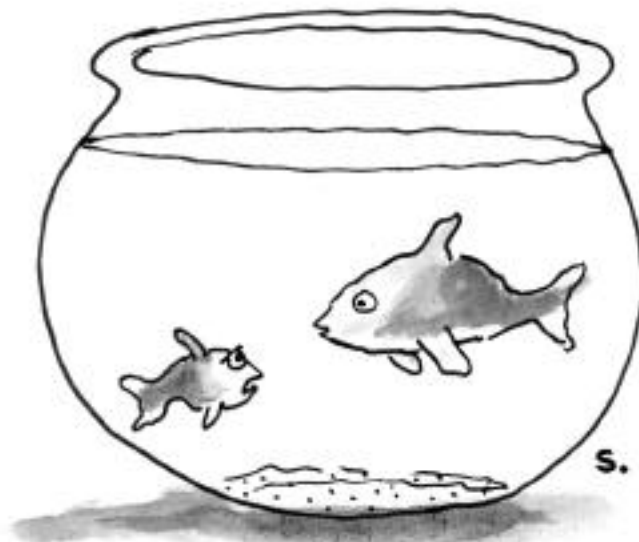
(Source: The Independent, UK, 22 December 2005)

DEVELOPING NATIONS UNITE AGAINST USA AND EU

One hundred and ten countries are now united in the G110, a grouping of the world's middle and lower income developing nations. These countries ask for one thing, and one thing only: that the USA and the EU practise what they preach.

The USA and European Union claim to represent free and fair trading practices, and they speak about the importance of the market-based economy in the capitalist model. What they practise is something entirely different: namely, cloistered and interventionist trading practices which protect their own markets against those countries trying to compete with them. It is the antithesis of the capitalist-monetarist model, which proves clearly that the model has been flawed from the outset.

After complaining for decades about the controlled economy and State intervention



"Mum, I'm worried. Do you think one day the world's oceans won't rise?"

in economic cycles, which was the case of the Soviet economic model, Washington and Brussels do exactly the same thing.

The hero of the day is the Brazilian foreign minister, Celso Amorim, the leader of the G20 group of middle-income developing countries which has managed to forge a common stance with the lower-income developing countries, forming a strong bloc of 110 nations—the G110.

(Source: Pravda, December 17, 2005)

HEAVY METALS IN HYDROPONIC MARIJUANA LINKED TO "PSYCHOTIC EPISODES"

A physician from the Sunshine Coast, Queensland, Australia, has stated that the heavy metals in hydroponically grown marijuana are affecting developing brains and increasing the psychotic episodes experienced by users.

Addiction medicine physician Dr David Taylor said there is an ongoing misconception shared by the majority of medical colleagues concerning the active agent, THC, in hydroponic marijuana that "caused" psychotic mental states. He said THC is unlikely to be the culprit.

"Our attention should be turned to evidence about the adverse influences of heavy metals on the development of children's brains," he said. "Hydroponic marijuana is laced with heavy metals and they are, in my view, the culprits disturbing brain function.

"Hydroponic marijuana is grown in fertiliser and fertilising solutions that are heavily laced with trace elements and particularly some of the heavy metals. It is bad, not because of the concentration but because it is actually introducing toxic levels of heavy metals into developing brains—and then comes the psychosis that comes with disturbance of brain function."

Dr Taylor said that if it took a certain amount of THC to get stoned and if marijuana users smoked a more powerful THC joint, they would stop when they got to their stoned state.

"If it's got lower doses, they will smoke more. Saying high doses of THC have started bringing out these psychotic changes is a mistaken belief because people will smoke to their need."

Dr Taylor said that because of legal issues surrounding marijuana, it is impossible to conceive a research project to clarify the matter. He estimates that hydroponic marijuana accounts for 80% of the market and said that, in Australia, seized marijuana is not routinely calculated for concentration nor analysed for potentially dangerous agents.

A former senior medical officer with the Alcohol and Tobacco and Other Drugs Unit at Nambour Hospital, Dr Taylor now practises from his clinic, Kalinn Therapy, at Buderim.

(Source: Sunshine Coast Daily, Queensland, November 21, 2005)

USING PUBLIC DOMAIN TO PREVENT PATENTING OF PLANTS

In a quiet government office in the Indian capital New Delhi, some 100 doctors are hunched over computers, poring over ancient medical texts and keying in information. These doctors are practitioners of *ayurveda*, *unani* and *siddha*—ancient Indian medical systems that date back thousands of years.

The ambitious \$2-million project, christened Traditional Knowledge Digital Library, will roll out an encyclopaedia of the country's traditional medicines in five languages—English, French, German, Japanese and Spanish—in an effort to stop corporations from claiming them as their own and patenting them.

The electronic encyclopaedia will contain information on the traditional medicines, including exhaustive references, photographs of the plants and scans from the original texts.

Dr Vinod Kumar Gupta, who is leading the traditional wealth encyclopaedia project and heads India's National Institute of Science Communication and Information Resources (NISCAIR), reckons that, of the nearly 5,000 patents given out by the US Patent Office on various medicinal plants by the year 2000, some 80% involved plants of Indian origin.

Practitioners of traditional medicines say their importance cannot be denied. According to the World Health Organization, 70% of the people living in India use traditional medicine for primary health care. Also, some 42% of the people living in the US and 70% of the people living in Canada have used traditional medicines at least once for treatment.

(Source: BBC News, December 7, 2005, <http://news.bbc.co.uk>)

IBM CALLS FOR GLOBAL IDENTITY SYSTEM

The growing need for fast, accurate verification of personal identities has prompted a call from an industry observer for a global agency to set international standards.

The realm of identity and access management (IAM) is heating up as nations like the UK and the USA increase their use of biometrics and other identifying technologies in ID cards, border controls and other areas.

Beyond different governments "trying to create a mosaic for what they want as good identity management", wider international



cooperation is needed to establish a common language and standards, said Cal Slem, vice-president and global leader for security and privacy services at IBM Global Services.

The common language for exchanging user access information is also known as federated IAM.

"Governments have a huge part to play in this, because they have ultimate responsibility for their citizens, and depending on the country they may have ultimate responsibility for the businesses and e-commerce as well," Slem said.

What's missing right now, he noted, is a trusted third party to authenticate trustworthiness. "So we've got inconsistent and incomplete implementation [in individual countries], and also no standard approach to the future nor a target to shoot at."

Slem believes that now is the right time to establish a global body that will consider the interests of all countries and build up a foundation, which the individual countries can expand upon to fulfil their unique requirements.

"There are organisations that work together on this issue and issues like that across borders all the time, and it can be as grandiose as to say the UN has a process in place to share information like that and create working groups to try to create standards or expectations and across multiple jurisdictions," said Slem. "I just don't know what the name would be."

(Source: ZDNet Asia, November 10, 2005)

HYPERBARIC OXYGEN MOBILISES STEM CELLS

A study, to be published in the April 2006 edition of the *American Journal of Physiology – Heart and Circulatory Physiology*, reveals that hyperbaric oxygen treatments increase by eightfold the number of stem cells circulating in a patient's body. Stem cells, also called progenitor cells, are crucial to injury repair.

Stem cells exist in the bone marrow of human beings and animals and are capable of changing their nature to become part of many different organs and tissues. In response to injury, these cells move from the bone marrow to the injured sites, where they differentiate into cells that assist in the healing process.

The movement, or mobilisation, of stem cells can be triggered by a variety of stimuli including pharmaceutical agents as well as hyperbaric oxygen treatments.

(Source: via http://www.eurekalert.org/pub_releases/2005-12/uops-psf122805.php)

BRITISH MP CALLS FOR URGENT BAN ON ASPARTAME

A member of the parliamentary select committee on food and the environment yesterday called for emergency action to ban the artificial sweetener aspartame, used in 6,000 food, drink and medicinal products.

The Liberal Democrat MP Roger Williams said in an adjournment debate in the Commons that there was "compelling and reliable evidence for this carcinogenic substance to be banned from the UK food and drinks market altogether". In licensing aspartame for use, regulators around the world had failed in their main task of protecting the public, he told MPs.

Mr Williams highlighted new concerns about the additive's safety, raised by a recent Italian study that linked aspartame to cancer in rats. He said the history of aspartame's licensing put "regulators and politicians to shame", with the likes of Donald Rumsfeld, the US defence secretary and former head of Searle, the company that discovered the sweetener, "calling in his markers" to get it approved.

Responding for the government, the public health minister, Caroline Flint, said a thorough independent review of safety data had been conducted as recently as 2001 and the Food Standards Agency advice remained the same: aspartame is safe for use in food. She said the government took food safety very seriously.

"I am advised that aspartame does not cause cancer," she said, adding that artificial sweeteners also help to control obesity.

The European Food Safety Authority would be reviewing the Italian study as soon as it had full data on it, but an initial review by the UK's expert committee on toxicity had not been convinced by its authors' interpretation of their data.

Aspartame is now consumed on average every day by one in 15 people worldwide, most of whom are children, according to the MP. It is used to sweeten no fewer than 6,000 products, from crisps, confectionery, chewing gums, diet and sports drinks to vitamin pills and medicines, including those for children. Yet the science that supported its approval was "biased, inconclusive and incompetent".

Mr Williams said he was using the immunity he was afforded under parliamentary privilege to initiate a debate about aspartame's safety, which had been largely repressed since the early 1980s with the help of the sweetener industry's lawyers.

Independent research published in November by the European Ramazzini Foundation showed that moderate regular consumption of aspartame led to a repeated incidence of malignant tumours in rats and "should have set alarm bells ringing in health departments around the world", said Mr Williams. "The World Health Organization recognises such findings in rats as being highly predictive of a carcinogenic risk for humans. The contrast between the quality of the science in the Ramazzini study and the industry studies could not be more clear and more damaging to the industry."

Mr Williams, the MP for Brecon and Radnorshire and a Cambridge science graduate, said he had been looking into the safety of aspartame for more than a year. At first he had been unconvinced by the "internet conspiracy theories", but he said that what he had found "truly horrified" him. Sound science and proper regulatory and political independence had been notable by their absence in the approval of aspartame, he said. In addition to Mr Rumsfeld being instrumental in securing aspartame's approval with the support of the then newly elected US president Ronald Reagan, there had been numerous examples of decision-makers who were worried about aspartame's safety being discredited or removed from their positions. Industry sympathisers had been appointed to replace them and, in turn, were recompensed with lucrative jobs working for the sweetener industry.

The European Food Safety Authority said last night [December 14] that it planned to review the safety of aspartame as "a matter of high priority" in the light of the Ramazzini Foundation study. The foundation's director, Dr Morando Soffritti, said he expected to send the authority a 1,000-page dossier by the end of the month.

The industry's Aspartame Information Service said Mr Williams's material brought no new information to the public. "The minister's response was accurate and on point", according to a statement.

(Source: By Felicity Lawrence, The Guardian, UK, December 15, 2005)

VACCINE DANGERS AND VESTED INTERESTS

A retired vaccine researcher goes public on what the pharmaceutical industry and the health authorities don't want us to know: that vaccines are unsafe, untested and one of the greatest frauds of our time.

by Jon Rappoport

© October 2004 – January 2006

Email:
rappoport.jon@hotmail.com

Website:
<http://www.nomorefakenews.com>

Statistics and Propaganda

How many Americans really die of the flu each year? Ask the American Lung Association. Better yet, read their own report from August 2004, titled "Trends in Pneumonia and Influenza/Morbidity and Mortality". This report comes from the Research and Scientific Affairs Epidemiology and Statistics Unit. At the bottom of the document, the source is listed as the National Center for Health Statistics, "Report of Final Mortality Statistics, 1979–2001".

Get ready for some surprises, especially since the US Centers for Disease Control (CDC) keeps trumpeting flu-death annual numbers as 36,000. Like clockwork. Year in and year out, 36,000 people in the US die from the flu every year. Killer disease. Watch out! Get your flu shot. Every autumn. Don't wait. You might fall over dead in the street!

Here are the total influenza deaths from the report (from 1979 to 1995, the stats were released every two years): 1979: 604; 1981: 3,006; 1983: 1,431; 1985: 2,054; 1987: 632; 1989: 1,593; 1991: 1,137; 1993: 1,044; 1995: 606; 1996: 745; 1997: 720; 1998: 1,724; 1999: 1,665; 2000: 1765; 2001: 257.

Don't believe me? Here is the page: <http://www.lungusa.org/atf/cf/%7B7A8D42C2-FCCA-4604-8ADE-7F5D5E762256%7D/PI1.PDF>. Get there and go to page nine of the document. Then start scrolling down until you come to the chart for flu deaths as a separate category.

Recently, Tommy Thompson, head of US Health and Human Services, stated that 91 per cent of the people who die from the flu in the US every year are 65 and older. So you might engage in a little arithmetic and figure out how many people under 65 are really dying from the flu each year. But no matter. The raw all-ages stats are low enough. Quite low enough. Quite, quite.

Do you see what is going on here? You can go into my archive and read recent pieces on this subject and find my argument for those who blithely claim, "Well, harumph, you see, uh, ah, flu often leads to pneumonia and *that's* why we have to be so careful about the flu. Deaths from pneumonia are in large numbers, harumph, blah blah blah..."

It's a straight con, folks. The CDC is on a street corner with a little table, and there are shills walking around repeating the 36,000 deaths figure while the PR flacks at the table are working the vaccine angle. The crowd is getting restless. A man shouts, "Where is my flu shot? We're all going to die!" Meanwhile, on Capitol Hill, Congress is planning a measure that will guarantee vaccine manufacturers annual billion-dollar payoffs, no matter how many doses are left over unused.

Now that a much clearer picture emerges of the low number of flu deaths in the US each year, it's only natural to revisit the issue of vaccines. Minus the hysteria about "high numbers of flu deaths" and the "pressing need to get the vaccine", what we are really dealing with? The answer is PR. Propaganda is being used to artificially inflate flu statistics and thereby drive people into doctors' offices and clinics to get their shots. So what *about* vaccines? How safe and effective are they?

I have long warned about the dangers of vaccines, especially for babies and young children, whose immune systems are not capable of coping with the many contaminants and toxic preservatives in vaccines. There are other reasons why even adults should avoid them. Now, for the first time, a former insider from within the vaccine industry has agreed to talk about the dangers of vaccines.

"Dr Mark Randall" is the pseudonym of a former vaccine researcher who worked for

many years in the laboratories of major pharmaceutical houses and the US government's National Institutes of Health. He is now retired and has reluctantly agreed to speak out. In my opinion, his testimony matches all the other claims that I have studied in past years.

This interview that follows is important not only because of Dr Randall's intimate knowledge of vaccine dangers but for his testimony about the inside workings and cover-ups between government and the vaccine industry—the two sources that keep trying to assure Americans that they can be trusted. This major excerpt is perhaps the best single written summary of the back-up evidence for the case against immunisations.

INTERVIEW WITH A FORMER VACCINE RESEARCHER

Q (Jon Rappoport): You were once certain that vaccines were the hallmark of good medicine.

A (Dr Mark Randall): Yes, I was. I helped develop a few vaccines. I won't say which ones.

Q: Why not?

A: I want to preserve my privacy.

Q: So you think you could have problems if you came out into the open?

A: I believe I could lose my pension.

Q: On what grounds?

A: The grounds don't matter. These people have ways of causing you problems, when you were once "part of the Club". I know one or two people who were put under surveillance, who were harassed.

Q: Harassed by whom?

A: The FBI.

Q: Really?

A: Sure. The FBI used other pretexts. And the IRS can come calling, too.

Q: So much for free speech.

A: I was "part of the inner circle". If now I began to name names and make specific accusations against researchers, I could be in a world of trouble.

Q: Do you believe that people should be allowed to choose whether they should get vaccines?

A: On a political level, yes. On a scientific level, people need information so that they can choose well. It's one thing to say choice is good. But if the atmosphere is full of lies, how can you choose? Also, if the FDA were run by honourable people, these vaccines would not be granted licences. They would be investigated to within an inch of their lives.

Q: There are medical historians who state that the overall decline of illnesses was not due to vaccines.

A: I know. For a long time I ignored their work.

Q: Why?

A: Because I was afraid of what I would find out. I was in the business of developing vaccines. My livelihood depended on continuing that work.

Q: And then?

A: I did my own investigation.

Q: What conclusions did you come to?

A: The decline of disease is due to improved living conditions.

Q: What conditions?

A: Cleaner water. Advanced sewage systems. Nutrition. Fresher food. A decrease in poverty. Germs may be everywhere,

but when you are healthy you don't contract the diseases as easily.

Q: What did you feel when you completed your own investigation?

A: Despair. I realised I was working in a sector based on a collection of lies.

Q: Are some vaccines more dangerous than others?

A: Yes. The DPT shot, for example. The MMR. But some lots of a vaccine are more dangerous than other lots of the same vaccine. As far as I'm concerned, all vaccines are dangerous.

Q: Why?

A: Several reasons. They involve the human immune system in a process that tends to compromise immunity. They can actually *cause* the disease they are supposed to prevent.

Q: Why are we quoted statistics which seem to prove that vaccines have been tremendously successful at wiping out diseases?

A: Why? To give the illusion that these vaccines are useful. If a vaccine suppresses visible symptoms of a disease like measles, everyone assumes that the vaccine is a success. But, under the surface, the vaccine can harm the immune system itself. And if it causes other diseases—say, meningitis—that fact is masked, because no one believes that the vaccine can do that. The connection is overlooked.

Q: It is said that the smallpox vaccine wiped out smallpox in England.

A: Yes. But when you study the available statistics, you get another picture.

Q: Which is?

A: There were cities in England where people who were not vaccinated did not get smallpox. There were places where people who were vaccinated experienced smallpox epidemics. And smallpox was already on the decline before the vaccine was

introduced.

Q: So you're saying that we have been treated to a false history.

A: Yes. That's exactly what I'm saying. This is a history that has been cooked up to convince people that vaccines are invariably safe and effective.

Vaccine contamination

Q: Now, you worked in labs where purity is an issue.

A: The public believes that these labs, these manufacturing facilities, are the cleanest places in the world. That is not true. Contamination occurs all the time. You get all sorts of debris introduced into vaccines.

Q: For example, the SV40 monkey virus slips into the polio vaccine.

A: Well yes, that happened. But that's not what I mean. The SV40 got into the polio vaccine because the vaccine was made by using monkey kidneys. But I'm talking about something else. The actual lab conditions. The mistakes. The careless errors. SV40, which was later found in cancer tumours...that was what I would call a structural problem. It was an accepted part of the manufacturing process. If you use monkey kidneys, you open the door to germs which you don't know are in those kidneys.

Q: Okay, but let's ignore that distinction between different types of contaminants for a moment. What contaminants did you find in your many years of work with vaccines?

A: All right. I'll give you some of what I came across, and I'll also give you what colleagues of mine found. Here's a partial list.

"[Vaccines] involve the human immune system in a process that tends to compromise immunity. They can actually cause the disease they are supposed to prevent."

In the Rimavex measles vaccine, we found various chicken viruses. In polio vaccine, we found acanthamoeba, which is a so-called "brain-eating" amoeba. Simian cytomegalovirus in polio vaccine. Simian foamy virus in the rotavirus vaccine. Bird-cancer viruses in the MMR vaccine. Various micro-organisms in the anthrax vaccine. I've found potentially dangerous enzyme inhibitors in several vaccines. Duck, dog and rabbit viruses in the rubella vaccine. Avian leucosis virus in the flu vaccine. Pestivirus in the MMR vaccine.

Q: Let me get this straight. These are all contaminants which don't belong in the vaccines.

A: That's right. And if you try to calculate what damage these contaminants can cause, well, we don't really know because no testing has been done, or very little testing. It's a game of roulette. You take your chances. Also, most people don't know that some polio vaccines, adenovirus vaccines, rubella, hep[atitis] A and measles vaccines have been made with aborted human foetal tissue. I have found what I believed were bacterial fragments and polio virus in these vaccines from time to time, which may have come from that foetal tissue. When you look for contaminants in vaccines, you can come up with material that *is* puzzling. You know it shouldn't be there, but you don't know exactly what you've got. I have found what I believed was a very small "fragment" of human hair and also human mucus. I have found what can only be called "foreign protein", which could mean almost anything. It could mean protein from viruses.

Q: Alarm bells are ringing all over the place.

A: How do you think I felt? Remember, this material is going into the bloodstream without passing through some of the ordinary immune defences.

Q: How were your findings received?

A: Basically, it was "Don't worry; this can't be helped". In making vaccines, you use various animals' tissue, and that's where this kind of contamination enters in. Of course, I'm not even mentioning the standard chemicals like formaldehyde, mercury and aluminum [aluminium] which are purposely put into vaccines [as preservatives].

Q: This information is pretty staggering.

A: Yes. And I'm just mentioning some of the biological contaminants. Who knows how many others there are. Others we don't find because we don't think to look for them. If tissue from, say, a bird is used to make a vaccine, how many possible germs can be in that tissue? We have no idea. We have no idea what they might be, or what effects they could have on humans.

False assumptions about vaccine safety

Q: And beyond the purity issue?

A: You are dealing with the basic faulty premise about vaccines: that they intricately stimulate the immune system to create the conditions for immunity from disease. That is the bad premise. It doesn't work that way. A vaccine is supposed to "create" antibodies which, indirectly, offer protection against disease. However, the immune system is much larger and more involved than antibodies and their related "killer" cells.

Q: The immune system is...?

A: The entire body, really. Plus the mind. It's all immune

system, you might say. That is why you can have, in the middle of an epidemic, those individuals who remain healthy.

Q: So the level of general health is important.

A: More than important. Vital.

Q: How are vaccine statistics falsely presented?

A: There are many ways. For example, suppose that 25 people who have received the hepatitis B vaccine come down with hepatitis. Well, hep B is a liver disease. But you can call liver disease many things. You can change the diagnosis. Then you've concealed the root cause of the problem.

Q: And that happens?

A: All the time. It *has* to happen, if the doctors automatically assume that people who get vaccines *do not* come down with the diseases they are now supposed to be protected from. And that is exactly what doctors assume. You see, it's circular reasoning. It's a closed system. It admits no fault. No possible fault. If a person who gets a vaccine against hepatitis gets hepatitis or gets some other disease, the automatic assumption is that this has nothing to do with the vaccine.

Q: In your years working in the vaccine establishment, how many doctors did you encounter who admitted that vaccines were a problem?

A: None. There were a few [researchers working within drug companies] who privately questioned what they were doing. But they would never go public, even within their companies.

Q: What was the turning point for you?

A: I had a friend whose child died after a DPT shot.

Q: Did you investigate?

A: Yes, informally. I found that this child was completely healthy before the vaccination. There was no reason for his death, except the vaccine. That started my doubts. Of course, I wanted to believe that the child had got a bad shot from a bad lot. But as I looked into this further, I found that was not the case in this instance. I was being drawn into a spiral of doubt that increased over time. I continued to investigate. I found that, contrary to what I thought, vaccines are not tested in a scientific way.

Q: What do you mean?

A: For example, no proper long-term studies are done on any vaccines using a control group. Part of what I mean is, no correct and deep follow-up is done, taking into account the fact that vaccines can induce, over time, various symptoms and serious problems which fall outside the range of the disease for which the person was vaccinated. Again, the assumption is made that vaccines do not cause problems. So why should anyone check? On top of that, a vaccine reaction is defined so that all bad reactions are said to occur very soon after the shot is given. But that does not make sense.

Q: Why doesn't it make sense?

A: Because the vaccine obviously acts in the body for a long period of time after it is given. A reaction can be gradual. Deterioration can be gradual. Neurological problems can develop over time. They do in various conditions, even according to a conventional analysis. So why couldn't that be the case with vaccines? If chemical poisoning can occur gradually, why couldn't that be the case with a vaccine which contains mercury?

Q: And that is what you found?

"...most people don't know that some polio vaccines, adenovirus vaccines, rubella, hepatitis A and measles vaccines have been made with aborted human foetal tissue."

A: Yes. You are dealing with correlations most of the time. Correlations are not perfect. But if you get 500 parents whose children have suffered neurological damage during a one-year period after having a vaccine, this should be sufficient to spark off an intense investigation.

Q: Has it been enough?

A: No. Never. This tells you something right away.

Q: Which is...?

A: The people doing the investigation are not really interested in looking at the facts. They assume that the vaccines are safe. So, when they *do* investigate, they invariably come up with exonerations of the vaccines. They say, "This vaccine is safe". But what do they base those judgements on? They base them on definitions and ideas which automatically rule out a condemnation of the vaccine.

Q: There are numerous cases where a vaccine campaign has failed, where people have come down with the disease against which they were vaccinated.

A: Yes, there are many such instances. And there the evidence is simply ignored. It's discounted. The experts say, if they say anything at all, that this is just an isolated situation but overall the vaccine has been shown to be safe. But if you add up all the vaccine campaigns where damage and disease have occurred, you realise that these are *not* isolated situations.

Competing interests

Q: Did you ever discuss what we are talking about here with colleagues when you were still working in the vaccine establishment?

A: Yes, I did.

Q: What happened?

A: Several times I was told to keep quiet. It was made clear that I should go back to work and forget my misgivings. On a few occasions I encountered fear. Colleagues tried to avoid me. They felt they could be labelled with "guilt by association". All in all, though, I behaved myself. I made sure I didn't create problems for myself.

Q: If vaccines actually do harm, why are they given?

A: First of all, there is no "if". They *do harm*. It becomes a more difficult question to decide whether they do harm in those people who seem to show no harm. Then you are dealing with the kind of research which *should* be done, but isn't. Researchers should be probing to discover a kind of map, or flow chart, which shows exactly what vaccines do in the body from the moment they enter. This research has not been done. As to why they are given, we could sit here for two days and discuss all the reasons. As you've said many times, at different layers of the system people have their motives: money, fear of losing a job, the desire to win brownie points, prestige, awards, promotion, misguided idealism, unthinking habit, and so on...

Q: The furore over the hepatitis B vaccine seems one good avenue.

A: I think so, yes. To say that babies must have the vaccine and then, in the next breath, admitting that a person gets hepatitis B from sexual contacts and shared needles is a ridiculous juxtaposition. Medical authorities try to cover themselves by saying that 20,000 or so children in the US get hep B every year from "unknown causes", and that's why every baby must have the vaccine. I dispute that 20,000 figure and the so-called studies that

back it up.

Q: Andrew Wakefield, the British MD who uncovered the link between the MMR vaccine and autism, has just been fired from his job in a London hospital.

A: Yes. Wakefield performed a great service. His correlations between the vaccine and autism are stunning...

Q: I know that a Hollywood celebrity, stating publicly that he will not take a vaccine, is committing career suicide.

A: Hollywood is linked very powerfully to the medical cartel. There are several reasons, but one of them is simply that an actor who is famous can draw a huge amount of publicity if he says *anything*. In 1992, I was present at your demonstration against the FDA in downtown Los Angeles. One or two actors spoke against the FDA. Since that time, you would be hard pressed to find an actor who has spoken out in any way against the medical cartel.

Q: Within the National Institutes of Health, what is the mood, what is the basic frame of mind?

A: People are competing for research monies. The last thing they think about is challenging the status quo. They are already in an intramural war for that money. They don't need more trouble. This is a very insulated system. It depends on the idea that, by

and large, modern medicine is very successful on every frontier. To admit systemic problems in any area is to cast doubt on the whole enterprise.

You might therefore think that NIH is the last place one should think about holding demonstrations. But just the reverse is true. If five thousand people showed up there demanding an accounting of the actual benefits of that research system, demanding to know what real health benefits have been conferred on the public from the billions of wasted dollars funnelled to that facility, something might start. A spark might go off. You might get, with further demonstra-

tions, all sorts of fallout. Researchers, a few, might start leaking information.

Q: A good idea.

A: People in suits standing as close to the buildings as the police will allow. People in business suits, in jogging suits, mothers and babies. Well-off people. Poor people. All sorts of people.

Q: What about the combined destructive power of a number of vaccines given to babies these days?

A: It is a travesty and a crime. There are no real studies of any depth which have been done on that. Again, the assumption is made that vaccines are safe, and therefore any number of vaccines given together is safe as well. But the truth is, vaccines are *not* safe. Therefore the potential damage increases when you give many of them in a short time period.

Q: Then we have the fall flu season.

A: Yes. As if only in the autumn do these germs float into the US from Asia. The public swallows that premise. If it happens in April, it is a bad cold. If it happens in October, it is the flu.

Q: Do you regret having worked all those years in the vaccine field?

A: Yes. But after this interview, I'll regret it a little less. And I work in other ways. I give out information to certain people when I think they will use it well.

"Researchers should be probing to discover a kind of map, or flow chart, which shows exactly what vaccines do in the body from the moment they enter. This research has not been done."

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DENTAL DISEASE PLAGUE OF MODERN SOCIETY

The epidemic of dental disease in the industrialised world is a consequence of poor nutrition from eating foods grown in depleted soils and denatured by commercial food processing.

by David Zeoli, ND, LAc
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Email: dzeoli@yahoo.com

The Problem

Dental cavities are a huge problem in the United States and many other industrialised countries around the globe. This is not a new problem, as it has been with us for as long as there has been industrialisation. Dental caries, tooth loss, gum disease and other such oral health concerns are widespread and ubiquitous worldwide.

For the past 150 years, the dental profession has been filling our mouths with mercury in order to deal with the consequences of tooth decay. The government has claimed victory over dental deterioration by these measures, citing the fact that "[t]he baby boomer generation will be the first where the majority will maintain their natural teeth over their entire lifetime, having benefited from water fluoridation and fluoride toothpastes".¹ But let's take a closer look at the numbers. They want us very badly to believe that things are getting better, that their strategy has worked and that we really are doing well on mercury fillings and water fluoridation. However, the statistics are sobering.

Today there are some 100,000 dentists installing over 100 million mercury fillings per year in the United States alone.² An estimated 140 million Americans have at least one mercury filling,³ while 25 per cent of the entire population has at least one untreated cavity⁴ (and who can blame them for forestalling treatment). An astounding 20 per cent of all adults between the ages of 55 and 64 will have lost all of their teeth! One younger adult out of 250 will also share this fate.⁵ In-born deformities of the jaw and dental arch, impacted wisdom teeth, the need for braces and orthodontic therapies, crooked teeth, gum disease, pyorrhoea, gingivitis, oral cancers and root canals are widespread and common to the extent that they touch almost everyone in some way. We have come to accept dental disease as inevitable and commonplace. It seems that the United States is a country founded on the notion of tooth loss as a patriotic endeavour, what with the well-known childhood stories of the father of our country, George Washington, having had wooden dentures!

In relation to all of the other health concerns our nation is experiencing, this one seems only minor in comparison. Governmental authorities would just as soon sweep it under the carpet. Anyone who has ever suffered from the pain of a decayed tooth knows the true cost in agony of this illness. Some would claim that dental caries are just the tip of the iceberg and that they are a small symptom of a much larger problem which only becomes more and more buried the more we try to treat it with the current approach. Our dental system has two simple solutions to cavities: fill the tooth or pull the tooth. When there are no more teeth, it seems the problem is permanently solved. But for those who must go through life with no teeth, the problems only multiply. Aside from the altered appearance that they cause, those dentures can be uncomfortable and they don't seem to do a very good job in chewing food. Consequently, malnutrition in the elderly population is very common, and it is not unthinkable that the complete loss of teeth encourages this condition.

The American Dental Association (ADA) and other agencies attempt to treat dental decay as a "local" issue.⁶ We have been fed such propaganda for generations. Their central dogma is that tooth decay results from an overgrowth of bacteria in the mouth.⁷ The bacteria are fed by sweets, sugar and starchy foods. These organisms, they say, produce acids which corrode the dental enamel and lead to cavities. They say that the bacterial growth in the mouth causes other problems, too, such as plaque build-up, tartar deposits and gum disease. Therefore, their position in treating this problem is to advocate

tooth-brushing several times per day, and other such measures. They recommend flossing, mouthwashing and regular dental cleanings, along with anything else that has the effect of reducing mouth bacteria and bolstering the enamel. They even go so far as to apply sealant to the teeth in order to protect them from this vile acid.

In regard to therapeutic diet and nutrition, they believe that the intake of sweets and sugary foods feeds the bacteria and thereby increases the severity of the problem.⁸ They believe that by exposing the teeth to fluoride, this will increase the strength of the enamel and improve resistance to acid-producing bacteria.⁹ An interesting conclusion that one could infer from these beliefs is that you could eat all the sugar you desired without the corrosion of the teeth if you just brushed and flossed afterwards so as to reduce the bacterial ecosystem. What did people do to prevent tooth decay before there was toothpaste, toothbrushes and dentists?

They further attempt to treat those who apparently are not brushing thoroughly enough by filling cavities with mercury and exposing the population to water fluoridation—actions that have many far-reaching implications in themselves. Nearly everyone in the US has been affected by dental decay, and we are told that this is a superficial problem involving only bacteria in the mouth working against the thin layer of enamel that protects our teeth. Only the veneer of their story relative to the truth is thinner than that enamel! What if the problem is much deeper and is a direct result of the Western way of life? What if the problem of tooth decay is inherent in the ways we have chosen to feed ourselves and the way we take care of the Earth?

We have become so transfixed dealing with the sequelae of mercury fillings and fluoridated water that we've lost sight of the original, underlying problem: tooth decay that has resulted from consuming over-processed and depleted foods.

We seem to have forgotten that our ancestors, before industrialisation, kept all of their teeth in great condition their whole lives without dentists, toothpaste, toothbrushes, mercury fillings or fluoride in their water! When we look at the old pictures of the Native Americans before they started eating the white man's food, we see that they had excellent dental health. When the archaeologists examine the skulls of these ancient people's ancestors, they find the teeth are in perfect condition. Generation after generation, for thousands of years, there were no problems. It is only in our own modern era that dental decay has become such a huge concern.

One of the many great differences between "primitive" cultures and our modern society is the list of items that we consider food. Food for our remote ancestors came directly from the Earth, whereas food in an industrial society is factory produced. Modern farming methods along with common food processing practices strip our diets of most all essential nutrients. Herein lies the true cause of tooth decay. Our modern way of life seems to necessitate the mass production of foodstuffs; however, the efficiency of our current system is based on the profit margin of the corporate food industry. The health of the planet and all of its inhabitants is not the driving force—nor even one of the greater

considerations—of the agriculture business. Consider the widespread use of deadly pesticides, synthetic fertilisers and genetically modified organisms. Who benefits the most from the use of these methods? Who must suffer the consequences of the long-term side effects of these poisons?

True Causes

It seems that an inordinate amount of effort is put into giving people the *appearance* of a healthy smile, without anything actually being done to promote the reality of such an event. Teeth whiteners, whitening toothpastes and cosmetic dentistry presented to the public by the ADA give us the subtle feeling that this organisation is doing all it can to make us look and feel our best. Yet this veil of deception is only a thin curtain which hides one of the great atrocities of our time. If we get down to the root of this problem, we see that it extends down deep into the Earth, into

the soil—and we see how we have been selfishly depleting the richness of the soil for hundreds of years without a thought of replacing it for future generations.

Tooth decay is really an environmental problem: one that winds its way through the ecosystem, inclusive of all life-forms from microbes to mammals. It is not difficult to connect the health of the soil with the health of those people eating food from the soil. A rich diversity of microscopic life, insects and other subterranean creatures inhabit and interact with the top layer of soil. In the process of their living and dying, the dirt is transformed into a reservoir of nitrogen, abundant minerals and other biological building blocks. Plants absorb these compounds, and farm animals eat the plants. Humans then go on to eat both the plants and animals.

When people have access to foods that have been produced from healthy soils containing proper amounts of phosphorus, calcium and all trace minerals, then they receive these nutrients directly from eating the food. Such is not the case in our modern societies.

Factory farming techniques have left the soil sterile and depleted. Synthetic petroleum-based fertilisers and pesticides do not begin to replace the vast, intricate ecosystems that they supplant. Our method of agriculture is chemically based, and it neglects to take into account the health of the very soil on which it depends. The current technology leads to over-farming of the land and depletion of the soil. Hardly any attempt is made at all to replace the minerals lost to the harvested crops. The factory processes which most farmed foodstuffs go through after harvest only add insult to injury, all but stripping the meagre nutritional value from these tortured products.

A stroll through any supermarket will reveal the underlying causes of our dental woes. Every item on the shelf, it seems, has been altered from its natural form. All of the foods seem to have added sugars, added sweeteners, refined grains and refined vegetable oils. Canned, packaged and preserved foods are the norm and it is difficult if not impossible to find much other than these at most major food outlets. Even the "fresh food" aisles seem no less contaminated. Some fruits and vegetables have been genetically modified and just about everything has been sprayed repeatedly with poisonous chemicals, pesticides and synthetic

When the archaeologists examine the skulls of these ancient people's ancestors, they find the teeth are in perfect condition. For thousands of years, there were no problems. It is only in our own modern era that dental decay has become a huge concern.

fertilisers. Meats and fish have come courtesy of "factory farming" techniques and are laden with drugs, hormones and antibiotics to compensate for the miserable health of the caged animals. Milk products come from cows eating industrial waste; the milk must be pasteurised in order not to make people ill.

In contrast to industrialised societies with our modern methods, indigenous populations are cognisant of the need to protect the richness of the topsoil so that it can provide healthy foods for them and for people in the future. Using time-tested methods passed down from generation to generation for thousands of years, these people have kept themselves and their children healthy. The "primitive" cultures of the world have seemingly solved their food production problems. They make every effort to prevent erosion and soil loss as they fertilise the land through non-synthetic methods. Diversity of crops, crop rotation, resting the soil and the liberal use of organic fertilisers all help to ensure soil fertility. These observations and many others were first recorded by nutritional pioneer Dr Weston A. Price, a dentist who was curious about the underlying causes of tooth decay.

Seventy years ago, Dr Price began a systematic study of the growing dental caries problem in that era by visiting indigenous populations around the world and analysing their teeth in relation to their diets.¹⁰ Generally speaking, he found that when native peoples around the globe continued eating the diet that their ancestors for many generations had eaten, they could easily maintain exceptional dental health, in the order of near perfection. However, when they started eating the Western processed foods that were just becoming available to them from contact with the white race, they started to have dental cavities with much frequency. The figures stated at the beginning of this article are reminiscent of the observations made by Dr Price of those eating a poor diet. When indigenous societies adopted a modern diet, their dental health rapidly deteriorated; whereas those who maintained a traditional diet, consisting of foods that their ancestors ate, kept their beautiful teeth into old age.

It is interesting to note that although the indigenous peoples did not brush their teeth much (and as a consequence had all sorts of accumulated food matter), they still did not have any cavities.¹¹ They were able to keep near-perfect dental health for their whole lives, as long as they were eating their traditional diets. The individuals examined had excellent teeth, even though they did not have fluoridated water, dentists or toothpaste. As soon as they starting eating the highly processed "white man's food", they began losing their teeth to decay. In these cases, brushing made their teeth cleaner, but they still got cavities! This observation alone should call into question the false beliefs that the ADA has instilled in the American people.

The foods that specifically caused dental ill health were the following: white flour, sugar, polished rice, canned food, refined vegetable oils and all the food products that contain these ingredients. Sure enough, these kinds of food items are just about all that can be found in the typical Western supermarket. When grains are processed and ground into flour, particularly white flour, they are

stripped of much of their nutritional value. The same can be said for white rice, white sugar and any other highly refined food item. The end result of most food processing is a substance high in "empty calories" and devoid of vitamins, minerals, proteins, live enzymes and fats. When a food requires the body to expend more resources than it actually gives, the food can be termed an "anti-nutrient". These types of foods are a net loss for the body, since they deplete the body of more nutrients during the process of being digested than they could ever provide.

In addition to discovering this most obvious correlation between diet and dental caries, Dr Price also found that dental health was an indication of overall fitness. He observed a startling connection between a processed food diet and birth defects of the mouth and jaw. Those eating processed food were much more likely to produce children with malformed dental arches. This was a new development in these cultures. The parents in these cases had perfectly formed jaws, so it seems that their children's deformities were not the result of heredity. Examination of the ancestral remains again revealed perfectly formed dental arches. It was only after eating modern processed foods that these kinds of problems began to appear. In our modern society, these types of birth defects are commonplace. It is no coincidence that in the 70 years since Dr Price made his observations, the condition of our food supply has become much worse.

Our current approach to food production is damaging to our teeth, to our general health and to the health of the environment. The introduction of a vast array of artificial foods never before seen in the human diet has had a tremendous impact on all our lives. Dental decay is but one minor side-effect of our actions, but it is one that can no longer be denied. By understanding the true causes of dental caries, we can begin to accept the reality of our predicament and, with any hope, begin to change it.

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"Me? I'm a vaccine researcher."

Holistic Dental Hygiene

It seems that the ADA has never considered the possibility that the teeth and mouth are connected to the rest of the body and do not operate in isolation. The idea that cavities are the result of systemic disease is not a new one. Other medical systems, such as oriental medicine, consider oral disease to be a manifestation of systemic imbalances and nutritional deficiencies. Although the role of bacterial infection in diseases of the oral cavity cannot be entirely dismissed, it must be remembered that the functioning of the rest of the body is what allows or disallows a susceptibility to these germs. When all of the body systems are working properly and efficiently, it is far more difficult for the pathogenic organisms to make a stronghold. Bacteria can only grow if the micro-environment is suited to their liking.

Thousands of years ago, oriental medicine practitioners knew that the health of the teeth and gums was a reflection of the health of the entire body.¹² Traditional Chinese medicine has long made use of this holographic concept, wherein examination of one particular body part can reveal hidden clues about the health of the entire system. This is a hallmark of oriental medical diagnosis, and it has been a precise and accurate art form for a very long time. Whether it is the pulse, the tongue, the face, the ear or the hand that is being examined, it doesn't seem to matter. A body part with as much significance and interconnectedness as the mouth surely has great potential as a diagnostic tool in itself. Anyone who has ever "looked a gift horse in the mouth" can tell you that observing the teeth is a quick and convenient method for assessing the soundness of the entire organism.

In oriental medical philosophy, the teeth are not seen as separate from the rest of the body. On the contrary, the teeth are understood as an outcropping of other body systems.¹³ They are bones, and as such they represent the general health of the bones and skeletal system. Teeth appear to grow right out of the jawbone, and they are composed of the very substances from which bones are derived. It has been demonstrated many times in China that when the bones are healthy, the teeth will be healthy. Conversely, when the bones are diseased, the teeth will have a tendency towards the same type of degeneration. Even in Western science, we know that the teeth are composed of calcium, minerals, proteins and other related compounds. Since the body cannot make these nutrients, the teeth will suffer if the necessary building materials are absent from the diet.

Another observation from Chinese medicine is that the mouth is the very beginning of the stomach and digestive system.¹⁴ If there is illness or dysfunction in the digestion, then this can sometimes show up as dysfunction in the teeth and lining of the mouth. Indeed, this can be understood if we recognise the fact that calcium and other minerals must be absorbed into the bloodstream through the intestinal lining before they can actually be used by the body. It is not enough that the nutrients are in the food we eat: they must be taken up during the process of digestion if they are to be useful. This is an inefficient process in the best of cases, and with the presence of disease in the digestive tract it only becomes more so.

From a Chinese medicine standpoint, the mouth is a component of the respiratory system, since it is the opening of the airway and contiguous with the linings of the bronchi and lungs. An imbalance in the lungs could easily manifest as pain and degeneration of the teeth. In the same fashion, a relationship can be drawn between the teeth and all other body systems. The teeth are connected very directly to the heart through the blood vessels. We know this even in Western medicine, which is why some people must take antibiotics before having dental work in order to avoid spreading infectious organisms to the heart and other organs. So healthy blood and strong circulation are necessary for dental health, too. While it is likely that oral hygiene plays a role in dental caries, it must be understood that oral disease is often an indication of an imbalance present somewhere else in the body.

The quality or composition of the saliva has a great influence on dental health. Having saliva that is at the proper pH and rich in minerals, vitamins, enzymes and other protective factors which favour the remineralisation of the enamel and discourage the proliferation of pathogenic organisms would go a long way towards preventing caries. While observations, both casual and scientific, attest to the positive correlation between oral hygiene and healthy teeth, it is the means of obtaining this hygiene that appears to be the issue. Quality of saliva is the key! If one is able to increase the mineral, live enzyme and vitamin content of the saliva, then it is possible to emphasise the "building" effects of the saliva and minimise the growth of destructive elements. This can only be accomplished

through a healthy diet. There are three major classes of compounds that were abundant in the diets of our ancestors but are typically absent from our modern diet.¹⁵ These are fat-soluble vitamins, minerals and enzymes.

• Fat-Soluble Vitamins

The most essential components that are missing from our modern diets are the fat-soluble vitamins; namely, vitamins A and D. Vitamin A is responsible for many of the biological processes that occur at the cellular level.

Lack of this vitamin has been implicated in birth defects, poor vision, decreased immunity and many other conditions. Vitamin D is essential for the uptake and utilisation of minerals in the digestive tract and in the bloodstream. Its presence and abundance determine how well calcium and other minerals such as magnesium can be absorbed from food and deposited into the teeth and bones. These two vitamins are rare in that they are typically found in only a few types of foods. Raw dairy products, eggs from free-range chickens, liver and some fish products such as cod liver oil are the only places where these nutrients can be found in appreciable quantities.

Vitamin A is essential for many body processes and is an indispensable requirement for good dental health. This compound is a co-factor in many enzymatic reactions and cellular processes. It is an excellent antioxidant and is necessary for tissue growth and repair. The immune system is dependent upon an adequate supply of this vitamin. Healthy bones and teeth are not possible without sufficient vitamin A. Dr Price, in his travels to visit the people of indigenous cultures, found that on average these robust

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individuals consumed more than 10 times the amount of vitamin A than is found in the typical modern diet. The excess, he hypothesised, was an extra measure against the possibility of deficiency. The need for vitamin A increases during times of stress, with exposure to environmental toxins and with the presence of any chronic or acute disease.

Vitamin D is another fat-soluble vitamin that is indispensable for healthy teeth and bones. While it is true that the body can make small amounts of this vitamin from exposure to sunlight, an adequate dietary supply is also required. Many health authorities agree that the US Recommended Daily Allowance of vitamin D needs to be increased. Vitamin D is necessary for the absorption of calcium from food in the digestive tract. It is also required for the process in which the calcium is deposited into the bony structures and teeth. A severe vitamin D deficiency leads to rickets in children and osteomalacia in adults—conditions in which the bones begin to soften. It is no secret that vitamin D deficiency is common and widespread.¹⁶ In a modern dietary research study, it was found that Norwegians consume 50 times the amount of vitamin D as Americans in order to keep themselves healthy.¹⁷

The Western diet tends to be low in fat-soluble vitamins for at least two reasons. First, vitamins such as A and D are mostly destroyed or removed during "normal" food processing. For example, raw cow's milk and cream are typically excellent sources of vitamins A and D. However, during the process of pasteurisation, in which the milk is heated to very high temperatures, these nutrients are lost. In an attempt to replace the lost nutrients, milk companies add synthetic vitamins to their products.

Yet, much evidence suggests that these artificially derived compounds are not as well utilised by the body as their natural counterparts.

Another reason why our foods are deficient in the fat-soluble vitamins is that they have been purposefully removed along with the fat. We've been told by the health authorities—including the American Heart Association, the American Dietetic Association and our own family doctors—as well as the media that animal fat is not good for us, that it is the greatest causative factor in many chronic degenerative diseases. We have been lulled into forgetting that the fat-soluble vitamins on which our health depends are only found in the fatty parts of the animal foods. As the fat is removed from milk to make skim milk, all of the fat-soluble vitamins are also removed in the process. When the fat is cut away from a steak or the skin on a piece of roasted chicken is discarded, the fat-soluble vitamins are being thrown out as well. The fashionable practice of eating a reduced-fat diet has had the concomitant effect of reducing our intake of all of the fat-soluble vitamins as well. This practice is to our detriment.

• Minerals

Mineral content is a separate but related issue. Modern diets contain only a small fraction of the minerals that were present in the diets of our ancestors. Primitive diets contained from six to 25 times the content, depending on the particular mineral under question.¹⁸ Modern food processing techniques strip the food of its mineral content and leave it depleted. Any inefficiency in digesting and assimilating these nutrients further compounds the problem by making it difficult to absorb the scant minerals which

are present. Minerals are expended rapidly by the body as a result of normal metabolism, but the need is increased during times of stress. Other factors that increase the need for minerals include consumption of coffee and caffeinated beverages, exposure to pollution and use of drugs. As a result, many individuals are deficient in one or more essential minerals.

Bones and teeth contain varying amounts of all the minerals, not just fluoride. Though fluoride's role in cavity prevention has been elevated beyond the status of other nutrients, it is certainly not the only requirement for healthy teeth. Adequate calcium, magnesium and trace minerals such as zinc, vanadium and boron are necessary for building teeth. These elements are hard to find in the modern diet under any circumstances because of our depleted soils.

Minerals come from the earth—from the soil, and from rocks that have been eroding for thousands of years. Under the best conditions, plants absorb the minerals and make them more easily available to the mammalian digestive system. These compounds eventually become part of the food chain and enter our human diets. The more minerals that are present in the soil, the more that

end up in the foods we eat. But when the soil becomes depleted through overuse and improper care, the minerals never make it into the plants in adequate quantities. As if this were not damaging enough, the mineral content of foods is further depleted through processing and refining.

The kinds of foods we eat determine our mineral intake. Ancient cultures around the world, for example, included mineral-rich bone broths in their diets. Yet these nourishing foods have been replaced in our modern society

by heavily processed canned and packaged soup mixes which have hardly any minerals at all! An easily available and inexpensive solution to improve dietary mineral content is to include "bone broth" in the diet every day.¹⁹ This tasty, mineral-rich meal is prepared by boiling bones (raw or cooked) in water with a little vinegar for 24–48 hours, skimming off the surface residue every so often (see endnote 19 for recipe source; also see the website <http://www.westonaprice.com>). The resulting broth should be drunk in small quantities throughout the day; excess broth can be frozen in separate containers and then thawed and reheated each day. A dose of one or two cups per day would be sufficient for improving health. Other excellent sources of minerals include sea vegetables, unrefined sea salt, organically and/or biodynamically produced fruits and vegetables, and raw cow's milk.

• Enzymes

The third major component of natural foods that was abundant in the diets of native peoples around the world but nearly absent from most American diets is enzymes. Enzymes are the compounds which catalyse most of the billions of chemical reactions that occur in the body each day. These macromolecules are discrete protein elements, each with a specific structure and dedicated function. For example, the enzyme amylase breaks down carbohydrates into sugar molecules, protease breaks down protein from foods in the digestive tract into amino acids, and lipase breaks down dietary fat into glycerides.

Enzymes, though varied, all share one weakness in common: heat. Enzymes are destroyed in cooking and at temperatures used in food processing. Heat denatures an enzyme so that its structure

Another reason why our foods are deficient in the fat-soluble vitamins is that they have been purposefully removed along with the fat.

changes. As a result, the enzyme is no longer able to function. Typically, most of the enzymes in processed foods and cooked foods are completely destroyed, so the typical American diet is thoroughly lacking in these important compounds. This is in stark contrast to the diet of indigenous people who purposefully eat raw and fermented foods regularly to obtain a source of live enzymes.

Live enzymes in the food supply accomplish several important goals. First, as the enzymes are released and activated in the stomach, they help to autodigest the food itself. This makes it easier for the body to process and absorb the foodstuff in its entirety. Second, when they are present in food, live enzymes also help to conserve the body's own precious enzyme reserves.

Research on the importance of dietary enzymes has been conducted by Dr Edward Howell and Dr Francis Pottenger, two nutritional doctors who have worked extensively in this branch of food science. Dr Howell proposed that each person has a very limited supply of digestive enzymes produced and stored in the pancreas.²⁰ When these enzymes are depleted, death follows not long afterwards. Raw foods provide their own enzymes, and the body responds by using fewer of its own pancreatic enzymes to digest the food. Good sources of enzymes are all the raw foods. For example, raw, unrefined, extra virgin olive oil is an excellent source of enzymes—as opposed to any bottle of "salad dressing" that you may find on the grocery store shelf, which has practically no enzymes. Raw salads, raw eggs, raw milk, papaya and pineapples are also full of enzymes. Fermented foods such as yoghurt, homemade sauerkraut, kimchi and pickles are rich in enzymes.

In a famous set of experiments, Dr Francis M. Pottenger, Jr used two sets of cats to demonstrate the importance of raw foods in the diets of mammals.²¹ Both sets of cats were fed a base diet of raw milk and cod liver oil. The first group additionally received raw meats; the second group received only cooked meats in addition to this base diet. The impact of these two different diets was observed through the offspring of these two groups of test animals. The kittens born from the raw food group were quite healthy and normal, whereas the kittens born from the cooked food groups did not fare so well. These kittens were born with many deformities of the teeth and jaw; they tended to be smaller, and fewer of the litter survived the birth process. In Dr Pottenger's experiments, the second generation of cats was allowed to reproduce. The cats produced from the original raw

food group were fed raw food, and the kittens from the original cooked food group received cooked food. In the third generation of cats, the kittens produced from the cats who received raw food were all healthy and well behaved. The next generation of the cooked foods group became progressively more diseased to the point where they were no longer capable of reproducing. The cooked food group went extinct while the raw food group thrived.

The Solution

It is time for us to reclaim our health and dietary heritage. If we wish to keep our teeth healthy into old age the way our ancestors did, we must eat as they did. The only solution to tooth decay is a return to the farm. Dental caries can be prevented through improved nutrition from top-quality food sources such as raw milk products, grass-fed meats, organic eggs and fresh, organically/biodynamically grown fruit and vegetables. Supplements such as cod liver oil, multivitamins, minerals and trace minerals will go far in bolstering this sort of improved diet.

Dr Price had excellent results from supplementing diets with cod liver oil and "high-vitamin butter", an extract of butter produced from dairy cows that were eating rapidly growing grass. This type of butter you can't find at the supermarket. Industrial farming does not allow the masses access to these vital factors, nor does it feed the dairy cows green grass, their preferred food.

Avoidance of all processed foods, junk foods and refined oils is also necessary to improve dental health. In order to take control of our own well-being, we must take back control of our food supply. This can be a very easy thing, since we all eat food several times per day. Rejecting convenient junk foods and replacing them with real foods will help to change our current paradigm. Quality food choices are the key. Consuming raw milk from free-range, organic, pasture-fed cows is one way that our ancestors gained immunity from dental disease. As soon as we start processing foods, all benefits are seemingly lost.

It seems that the agricultural corporations, which dictate exactly what we eat, do so for the purpose of making a profit, with little or no regard for the health consequences to the populace. We must reconsider our whole farming strategy and solicit only those farms that are willing to take special care to put something good back into the soil so that future generations might be able to grow food, too.

Endnotes

1. See "Fact Sheet: Oral Health for Adults", 2001, at <http://www.cdc.gov/oralhealth/factsheets/adult.htm>.
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3. *ibid.*
4. See National Center for Health Statistics, "Health, United States, 2004", Table 80, at <http://www.cdc.gov/nchs/hs.htm>.
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9. *ibid.*
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2004 (first published in 1939).

11. *ibid.*
12. See any good Chinese Medicine textbook, such as *Chinese Herbal Medicine: Formulas & Strategies*, compiled and trans. by Dan Bensky and Randall Barolet, Eastland Press, Seattle, USA, 1990.
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16. See M.F. Holick, "Sunlight and vitamin D for bone health", in *American Jour. Clin. Nutr.* 80(6Suppl):1678S-88S, Dec 2004.
17. See M. Brustad et al., "Vitamin D status in a rural population in northern Norway", in *Public Health Nutr.* 7(6): 783-9, Sept 2004.
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21. See Francis M. Pottenger, Jr, MD, *Pottenger's Cats*, Price-Pottenger Nutrition Foundation, CA, USA, 1995.

About the Author:

David Zeoli, ND, LAc, is a licensed naturopathic physician and acupuncturist based in Santa Fe, New Mexico, USA. He received his doctorate in Naturopathy and Master's Degree in Oriental Medicine from the National College of Naturopathic Medicine in Portland, Oregon. On completing his national board exams, he obtained licensure and has practised in several clinics around the country.

Dr Zeoli can be contacted by email at dzeoli@yahoo.com.

THE BIOLOGY OF BELIEF

Parents as Genetic Engineers

Recent research shows that children are influenced subconsciously by their parents even before birth, and that conscious parenting can produce smarter, healthier and happier babies.

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<http://www.brucelipton.com>

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Power of Consciousness, Matter and
Miracles*

CONSCIOUS PARENTING

No doubt you've heard the seductive argument that once parents bestow their genes on their children, they take a back seat in their children's lives; parents need only refrain from abusing their children, feed and clothe them, and then wait to see where their preprogrammed genes lead them. This notion allows parents to continue with their "pre-kids lives": they can simply drop their children off at daycare and with babysitters. It's an appealing idea for busy and/or lazy parents.

It's also appealing for parents who, like me, have biological children with radically different personalities. I used to think that my daughters are different because they inherited different sets of genes from the moment of conception—a random selection process in which their mother and I had no part. After all, I thought, they grew up in the same environment (nurture), so the reason for their differences had to be nature (genes).

The reality, I know now, is very different. Frontier science is confirming what mothers and enlightened fathers have known forever: that parents *do* matter—despite best-selling books that try to convince them otherwise. To quote Dr Thomas Verny, a pioneer in the field of prenatal and perinatal psychiatry: "Findings in the peer-reviewed literature over the course of decades establish beyond any doubt that parents have overwhelming influence on the mental and physical attributes of the children they raise." (Verny and Weintraub, 2002)

And that influence starts, says Verny, not after children are born but *before* children are born. When Verny first posited the notion that the influence of parents extends even to the womb, in his landmark book *The Secret Life of the Unborn Child*, the scientific evidence was preliminary and the "experts" sceptical. (Verny, 1981) Because scientists used to think that the human brain did not become functional until after birth, it was assumed that foetuses and infants had no memory and felt no pain. After all, noted Freud—who coined the term "infantile amnesia"—most people do not remember anything that happened to them before they were three or four years old.

However, experimental psychologists and neuroscientists are demolishing the myth that infants cannot remember—or, for that matter, learn—and along with it the notion that parents are simply spectators in the unfolding of their children's lives. The foetal and infant nervous system has vast sensory and learning capabilities and a kind of memory that neuroscientists call "implicit memory".

Another pioneer in prenatal and perinatal psychology, David Chamberlain writes in his book *The Mind of Your Newborn Baby*: "The truth is, much of what we have traditionally believed about babies is false. They are not simple beings but complex and ageless—small creatures with unexpectedly large thoughts." (Chamberlain, 1988)

These complex, small creatures have a pre-birth life in the womb that profoundly influences their long-term health and behaviour: "The quality of life in the womb, our temporary home before we were born, programs our susceptibility to coronary artery disease, stroke, diabetes, obesity and a multitude of other conditions in later life," writes Dr Peter W. Nathanielsz in *Life in the Womb: The Origin of Health and Disease*. (Nathanielsz, 1999) Recently, an even wider range of adult-related chronic disorders, including osteoporosis, mood disorders and psychoses, has been intimately linked to pre- and perinatal developmental influences. (Gluckman and Hanson, 2004)

Recognising the role that the prenatal environment plays in creating disease forces a reconsideration of genetic determinism. Nathanielsz writes: "There is mounting evidence that programming of lifetime health by the conditions in the womb is equally, if not more,

important than our genes in determining how we perform mentally and physically during life. *Gene myopia* is the term that best describes the current all-pervasive view that our health and destiny throughout life are controlled by our genes alone... In contrast to the relative fatalism of gene myopia, understanding the mechanisms that underlie programming by the quality of life in the womb, we can improve the start in life for our children and their children."

The programming "mechanisms" Nathanielsz refers to are the epigenetic mechanisms (discussed earlier in my book), by which environmental stimuli regulate gene activity. As Nathanielsz states, parents can improve the prenatal environment. In so doing, they act as genetic engineers for their children. The idea that parents can transmit hereditary changes from their life to their children is, of course, a Lamarckian concept that conflicts with Darwinism. Nathanielsz is one of the scientists who are now brave enough to invoke the "L" word for Lamarck: "...the transgenerational passage of characteristics by nongenetic means does occur. Lamarck was right, although transgenerational transmission of acquired characteristics occurs by mechanisms that were unknown in his day."

The responsiveness of individuals to the environmental conditions perceived by their mothers before birth allows them to optimise their genetic and physiologic development as they adapt to the environmental forecast. The same life-enhancing epigenetic plasticity of human development can go awry and lead to an array of chronic diseases in older age if an individual experiences adverse nutritional and environmental circumstances during foetal and neonatal periods of development. (Bateson et al., 2004)

The same epigenetic influences also continue after the child is born because parents continue to influence their child's environment. In particular, fascinating new research is emphasising the importance of good parenting in the development of the brain: "For the growing brain of a young child, the social world supplies the most important experiences influencing the expression of genes, which determines how neurons connect to one another in creating the neuronal pathways which give rise to mental activity," writes Dr Daniel J. Siegel in *The Developing Mind*. (Siegel, 1999) In other words, infants need a nurturing environment to activate the genes that develop healthy brains. Parents, the latest science reveals, continue to act as genetic engineers even after the birth of their child.

Parental Programming: The Power of the Subconscious Mind

I'd like to tell you about how I—who put myself in the category of those who were *not* prepared to have children—came to question my ingrained assumptions about parenting. You won't be surprised to hear that I started my re-evaluation in the Caribbean, the place where my shift to the New Biology took root. My reassessment was actually inspired by an unlucky event: a motor-cycle accident. I was on my way to present a lecture when I went

off a kerb at high speed. The bike wound up upside down. Luckily I was wearing a helmet because I sustained a major blow to my head when the bike hit the ground. I was unconscious for half an hour and for a while my students and colleagues thought I was dead. When I came to, I felt as if I had broken every bone in my body. For the next few days I could hardly walk, and when doing so I resembled a yelping version of Quasimodo. Every step was a painful reminder that "speed kills".

As I creaked out of the classroom one afternoon, one of my students suggested that it might help if I visited his roommate, a fellow student who was also a chiropractor. As I explained in chapter six of my book, I not only had never been to a chiropractor but I had been taught by my allopathic community to shun chiropractors as quacks. But when you're in that much pain and you're in an unfamiliar setting, you wind up trying things you would never consider in your cushier moments.

At the chiropractor's makeshift dormitory "office" I was introduced for the first time to kinesiology, popularly known as "muscle testing". The chiropractor told me to hold out my arm and resist the downward pressure he applied to it. I had no problem resisting the light force he put on my arm. Then he asked me to hold out my arm and resist him again while I said, "My name is Bruce". Again, I had no trouble resisting him, but by now I was starting to think that the admonishments of my academic colleagues were right on the mark: "This is nuts!" Then the chiropractor told me to hold out my arm and resist his pressure while saying earnestly, "My name is Mary". To my amazement, my arm flopped down, despite my strong resistance. "Now wait a minute," I said. "I must not have been resisting enough; try that again." So we did, and this time I concentrated even more forcefully on resisting. Nevertheless, after repeating "My name is Mary", my arm sank like a stone.

This student, who was now my teacher, explained that when your conscious mind has a belief that is in conflict with a formerly learned "truth" stored in the subconscious mind, the

intellectual conflict expresses itself as a weakening of the body's muscles.

To my astonishment, I realised that my conscious mind, which I exercised so confidently in academic settings, was not in control when I voiced an opinion that differed from a truth stored in the unconscious mind. My unconscious mind was undoing the best efforts of my conscious mind to hold up my arm when I claimed my name was Mary. I was amazed to discover that there was another "mind", another force, that was co-piloting my life. More shocking was the fact that this hidden mind, the mind I knew little about (except theoretically in psychology), was actually more powerful than my conscious mind, just as Freud had claimed.

All in all, my first visit to a chiropractor turned out to be a life-changing experience. I learned that chiropractors could tap into the body's innate healing power using kinesiology to target spinal misalignments. I was able to saunter out of that dorm feeling like a new man after a few simple, vertebral adjustments on the

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"quack's" table—all without the use of drugs. And most importantly, I was introduced to the "man behind the curtain", my subconscious mind!

As I left the campus, my conscious mind was awl over the implications of the superior power of my formerly hidden subconscious mind. I also coupled those musings with my study of quantum physics, which taught me that thoughts could propel behaviour more efficiently than physical molecules. My subconscious "knew" that my name was not Mary and balked at my insistence that it was. What else did my subconscious mind "know" and how had it learned it?

To understand better what had happened in that chiropractor's office, I first turned to comparative neuroanatomy—which reveals that the lower an organism is on the tree of evolution, the less developed its nervous system and thus the more it relies on pre-programmed behaviour (nature). Moths fly toward the light, sea turtles return to specific islands and lay their eggs on the beach at the appropriate time, and the swallows return to Capistrano on a specific date, yet, as far as we know, none of these organisms has any knowledge of why they engage in those behaviours. The behaviours are innate; they are genetically built into the organism and are classified as "instincts".

Organisms higher in the tree have more complexly integrated nervous systems headed by bigger and bigger brains that allow them to acquire intricate behavioural patterns through experiential learning (nurture). The complexity of this environmental learning mechanism presumably culminates with humans, who are at the top, or at least near the top, of the tree. To quote anthropologists Emily A. Schultz and Robert H. Lavenda: "Human beings are more dependent on learning for survival than other species. We have no instincts that automatically protect us and find us food and shelter, for example." (Schultz and Lavenda, 1987)

We do have, of course, behavioural instincts that are innate: consider the infant's instinct to suckle, to move his hand quickly away from fire, and to swim automatically when placed in water. Instincts are built-in behaviours that are fundamental to the survival of all humans, independent of what culture they belong to or what time in human history they are born. We are born with the ability to swim. Infants can swim like graceful porpoises moments after they are born, but children quickly acquire a fear of water from their parents.

Observe the response of parents when their unattended child ventures near a pool or other open water. Children learn from their parents that water is dangerous. Parents must later struggle to teach Johnny how to swim. Their first big effort is focused on overcoming the fear of water they instilled in earlier years. But through evolution, our *learned* perceptions have become more powerful, especially because they can override genetically programmed instincts. The body's physiologic mechanisms (e.g., heart rate, blood pressure, blood flow/bleeding patterns, body temperature) are, by their nature, programmed instincts. However, yogis as well as everyday people using biofeedback can *learn* to regulate these "innate" functions consciously.

Scientists have focused on our big brains as the reason for our ability to learn such complex behaviour. However, we should temper our enthusiasm for the big brain theory by considering that

cetaceans (porpoises and dolphins) have greater cerebral surface area packed into their cranium than we do.

The findings of British neurologist Dr John Lorber, highlighted in a 1980 article in *Science* titled "Is Your Brain Really Necessary?", also call into question the notion that the size of the brain is the most important consideration for human intelligence. (Lewin, 1980) Lorber studied many cases of hydrocephalus ("water on the brain") and concluded that even when most of the brain's cerebral cortex (the brain's outer layer) is missing, patients can live normal lives. Science writer Roger Lewin quotes Lorber in his article:

"There's a young student at this university [Sheffield University] who has an IQ of 126, has gained a first-class honours degree in mathematics and is socially completely normal. And yet the boy has virtually no brain... When we did a brain scan on him, we saw that instead of the normal 4.5-centimetre thickness of brain tissue between the ventricles and the cortical surface, there was just a thin layer of mantle measuring a millimetre or so. His cranium is filled mainly with cerebrospinal fluid."

Lorber's provocative findings suggest that we need to reconsider our long-held beliefs about how the brain works and about the physical foundation of human intelligence. I submit in the epilogue of this book that human intelligence can only be fully

understood when we include spirit ("energy"), or what quantum-physics-savvy psychologists call the "superconscious" mind. But for the moment, I'd like to stick to the conscious and subconscious minds—concepts that psychologists and psychiatrists have long grappled with.

I'm grappling with them here to provide the biological foundation for conscious parenting as well as energy-based psychological healing methods.

Human Programming: When Good Mechanisms Go Bad

Let's go back to the evolutionary challenge for human beings, who have to learn so much so quickly to survive and become a part of their social community. Evolution has endowed our brains with the ability to download rapidly an unimaginable number of behaviours and beliefs into our memory.

Ongoing research suggests that a key to understanding how this rapid downloading of information works is the brain's fluctuating electrical activity as measured by electroencephalograms (EEGs). The literal definition of EEGs is "electric head pictures". These increasingly sophisticated head pictures reveal a graded range of brain activity in human beings. Both adults and children display EEG variations that range from low-frequency delta waves through high-frequency beta waves. However, researchers have noted that EEG activity in children reveals, at every developmental stage, the predominance of a specific brainwave.

Dr Rima Laibow, in *Quantitative EEG and Neurofeedback*, describes the progression of these developmental stages in brain activity. (Laibow, 1999, 2002) Between birth and two years of age, the human brain *predominantly* operates at the lowest EEG frequency, 0.5 to 4 cycles per second (Hz), known as *delta* waves. Though delta is their predominant wave activity, babies can exhibit periodic short bursts of higher EEG activity. A child begins to spend more time at a higher level of EEG activity characterised as *theta* (4–8 Hz) between two and six years of age.

Researchers have noted that EEG [electroencephalogram] activity in children reveals, at every developmental stage, the predominance of a specific brainwave.

Hypnotherapists drop their patients' brain activity into delta and theta because these low-frequency brainwaves put their patients into a more suggestible, programmable state.

This gives us an important clue as to how children, whose brains are mostly operating at these same frequencies between birth and six years of age, can download the incredible volume of information they need in order to thrive in their environment. The ability to process this vast quantity of information is an important neurologic adaptation to facilitate this information-intense process of enculturation. Human environments and social mores change so rapidly that it would not be an advantage to transmit cultural behaviours via genetically programmed instincts. Young children carefully observe their environment and download the worldly wisdom offered by parents directly into their subconscious memory. As a result, their parents' behaviour and beliefs become their own.

Researchers at Kyoto University's Primate Research Institute have found that baby chimps also learn by simply observing their mothers. In a series of experiments, a mother was taught to identify the Japanese characters for a variety of colours. When the Japanese character for a specific colour was flashed on a computer screen, the chimp learned to choose the right colour swatch. Upon selecting the right colour, the chimp received a coin that she could then put in a vending machine for a fruit treat. During her training process, she was holding her baby close. To the surprise of researchers, one day, as the mother was retrieving her fruit from the vending machine, the infant chimp activated the computer. When the character appeared on the screen, the baby chimp selected the correct colour, received a coin and then followed his mother to the vending machine. The astonished researchers were left to conclude that infants can pick up complex skills solely by observation and don't have to be actively coached by their parents. (*Science*, 2001)

In humans as well, the fundamental behaviours, beliefs and attitudes we observe in our parents become "hard-wired" as synaptic pathways in our subconscious minds. Once programmed into the subconscious mind, they control our biology for the rest of our lives—unless we can figure out a way to reprogram them. Anyone who doubts the sophistication of this downloading should think about the first time your child blurted out a curse word picked up from you. I'm sure you noted its sophistication, correct pronunciation, its nuanced style and context carrying your signature.

Given the precision of this behaviour-recording system, imagine the consequences of hearing your parents say that you are a "stupid child", you "do not deserve things", you "will never amount to anything", "never should have been born" or are a "sickly, weak" person. When unthinking or uncaring parents pass on those messages to their young children, they are no doubt oblivious to the fact that such comments are downloaded into the subconscious memory as absolute "facts", just as surely as bits and bytes are downloaded to the hard drive of your desktop computer. During early development, the child's consciousness has not evolved enough to assess critically that those parental pronouncements were only verbal barbs and not necessarily true characterisations of "self". Once programmed into the subconscious mind, however,

those verbal abuses become defined as "truths" that unconsciously shape the behaviour and potential of the child through life.

As we get older, we become less susceptible to outside programming with the increasing appearance of higher-frequency *alpha* waves (8–12 Hz). Alpha activity is equated with states of calm consciousness. While most of our sense organs, such as the eyes, ears and nose, observe the outer world, consciousness resembles a sense organ that behaves like a mirror, reflecting the inner workings of the body's own cellular community; it is an awareness of "self".

At around 12 years of age, the child's EEG spectrum begins to show sustained periods of an even higher frequency defined as *beta* waves (12–35 Hz). Beta brain states are characterised as "active or focused consciousness"—the kind of brain activity used in reading this book.

Recently a fifth, higher state of EEG activity has been defined. Referred to as *gamma* waves (greater than 35 Hz), this EEG frequency range kicks in during states of "peak performance", such as when a pilot is in the process of landing a plane or a tennis pro is engaged in a rapid-fire volley.

By the time children reach adolescence, their subconscious minds are chock-full of information that ranges from the knowledge of how to walk to the "knowledge" that they will never amount to anything, or the knowledge, fostered by loving parents, that they can do anything they set out to do.

The sum of our genetically programmed instincts and the beliefs we learned from our parents collectively form the subconscious mind, which can undo both our ability to keep our arm raised in a chiropractor's office and our best New Year's resolutions to stop sabotaging

ourselves with drugs or food.

Again I go back to cells, which can teach us so much about ourselves. I've said many times in my book that single cells are intelligent. But when cells band together in creating multicellular communities, they follow the "collective voice" of the organism, even if that voice dictates self-destructive behaviour. Our physiology and behaviour patterns conform to the "truths" of the central voice, be they constructive or destructive beliefs.

I've described the power of the subconscious mind, but I want to emphasise that there is no need to consider the subconscious a scary, super-powerful, Freudian font of destructive "knowledge". In reality, the subconscious is an emotionless database of stored programs, whose function is strictly concerned with reading environmental signals and engaging in hard-wired behavioural programs—no questions asked, no judgements made.

The subconscious mind is a programmable "hard drive" into which our life experiences are downloaded. The programs are fundamentally hard-wired, stimulus–response behaviours. Behaviour-activating stimuli may be signals the nervous system detects from the external world and/or signals that arise from within the body such as emotions, pleasure and pain. When a stimulus is perceived, it will automatically engage the behavioural response that was learned when the signal was first experienced. In fact, people who realise the automated nature of this playback response frequently admit to the fact that their "buttons have been pushed".

The subconscious mind is a programmable "hard drive" into which our life experiences are downloaded. The programs are fundamentally hard-wired, stimulus–response behaviours.

Before the evolution of the conscious mind, the functions of animal brains consisted only of those that we link with the subconscious mind. These more primitive minds were simple, stimulus-response devices that automatically responded to environmental stimuli by engaging genetically programmed instincts or simple, learned behaviours.

Animals do not "consciously" evoke such behaviours, and in fact may even be oblivious to them. Their behaviours are programmed reflexes, like the blink of an eye in response to a puff of air or the kick of a leg after tapping the knee joint.

The Conscious Mind: The Creator Within

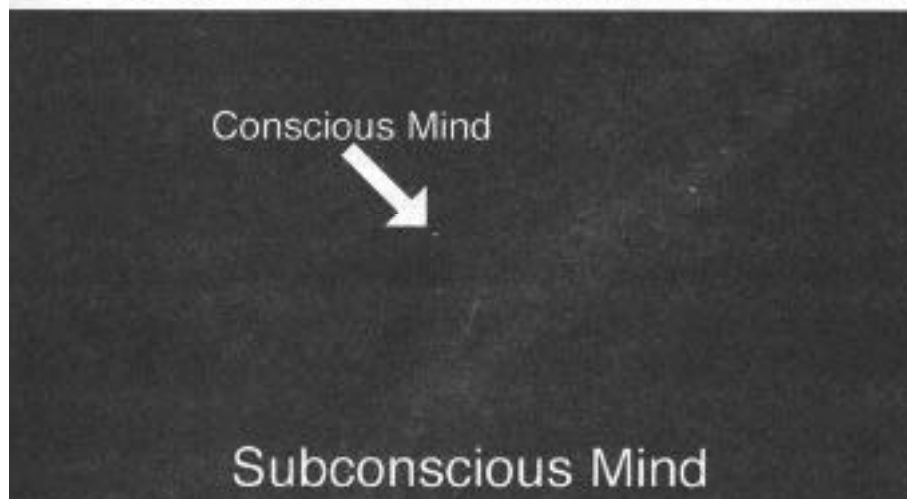
The evolution of higher mammals, including chimps, cetaceans and humans, brought forth a new level of awareness called "self-consciousness" or, simply, the conscious mind. The newer, conscious mind is an important evolutionary advance. The earlier, subconscious mind is our "autopilot"; the conscious mind is our manual control.

For example, if a ball comes near your eye, the slower conscious mind may not have time to be aware of the threatening projectile; yet the subconscious mind, which processes some 20,000,000 environmental stimuli per second versus 40 environmental stimuli interpreted by the conscious mind in the same second, will cause the eye to blink. (Nørretranders, 1998)

The subconscious mind, one of the most powerful information-processors known, specifically observes both the surrounding world and the body's internal awareness, reads the environmental cues and immediately engages previously acquired (learned) behaviours—all without the help, supervision or even awareness of the conscious mind.

The two minds make a dynamic duo. The conscious mind can use its resources to focus on some specific point, such as the party you are going to on Friday night. Simultaneously, your subconscious mind can be safely pushing the lawnmower around and successfully not cutting off your foot or running over the cat, even though you are not consciously paying attention to mowing the lawn.

The two minds also cooperate in acquiring very complex behaviours that can subsequently be unconsciously managed. Remember the first day you excitedly sat in the driver's seat of a car, preparing to learn how to drive? The number of things that had to be dealt with by the conscious mind was staggering. While keeping your eyes on the road, you also had to watch the rear- and side-view mirrors, pay attention to the speedometer and other gauges, use two feet for the three pedals of a standard-shift vehicle, and try to be calm, cool and collected as you drove past observing peers. It took what seemed to be a long time before all these behaviours were "programmed" into your mind.



Visualising the information-processing powers of the conscious and subconscious minds: Consider that the image of Machu Picchu (above, top) is comprised of 20,000,000 pixel dots, each representing a *bit* of information received by the nervous system in one second. How much of that information enters the conscious mind? In the lower picture, the dot represents the total amount of information that is processed by the conscious mind. (Actually, the dot is 10x more than enters consciousness; I had to enlarge it because it was barely visible.) In contrast, the powerful subconscious mind processes all the remaining incoming information (the black area) in the same second.

Today, you get into the car, turn the ignition on and consciously review your shopping list as the subconscious mind dutifully engages all the complex skills you need to navigate successfully through the city—without your even once having to think about the mechanics of driving.

I know I am not the only one out there who has experienced this. You are driving and having a delightful discussion with the passenger sitting next to you. In fact, your consciousness gets so caught up in the conversation that somewhere down the road it dawns on you that you haven't even paid attention to your driving for five minutes. After a momentary start, you realise that you are still on your side of the road and steadily moving along with the flow of traffic. A quick check of the rear-view mirror reveals that you did not leave a wake of crumpled stop signs and smashed mailboxes. If you weren't consciously driving the car during that time, then who was? The subconscious mind! And how well did it do? Although you didn't observe its behaviour, the subconscious mind apparently performed just as well as it was taught during your driver education experience.

In addition to facilitating subconscious habitual programs, the conscious mind also has the power to be spontaneously creative in its responses to environmental stimuli. In its self-reflective capacity, the conscious mind can observe behaviours as they're being carried out. As a preprogrammed behaviour is unfolding, the observing conscious mind can step in, stop the behaviour and create a new response. Thus the conscious mind offers us free will—meaning that we are not just victims of our programming. To pull that off, however, we have to be fully conscious lest the programming take over—a difficult task, as anyone who's tried will-power can attest. Subconscious programming takes over the moment the conscious mind is not paying attention.

The conscious mind can also think forward and backward in time, while the subconscious mind is always operating in the present moment. When the conscious mind is busy daydreaming, creating future plans or reviewing past life-experiences, the subconscious mind is always on duty, efficiently managing the behaviours required at the moment without the need of conscious supervision.

The two minds are truly a phenomenal mechanism, but here is how it can go awry. The conscious mind is the "self", the voice of our own thoughts. It can have great visions and plans for a future filled with love, health, happiness and prosperity. While we focus our consciousness on happy thoughts, who is running the show? The subconscious. How is the subconscious going to manage our affairs? Precisely the way it was programmed. The subconscious mind's behaviours when we are not paying attention may not be of our own creation because most of our fundamental behaviours were downloaded without question from observing other people. Because subconscious-generated behaviours are not generally observed by the conscious mind, many people are stunned to hear that they are "just like" their mum or their dad—the people who programmed their subconscious minds.

The learned behaviours and beliefs acquired from other people, such as parents, peers and teachers, may not support the goals of our conscious mind. The biggest impediments to realising the successes of which we dream are the limitations programmed into the subconscious. These limitations not only influence our behaviour, but they can also play a major role in determining our physiology and health. As we've seen earlier in the book, the mind plays a powerful role in controlling the biological systems that keep us alive.

Nature did not intend that the presence of the dual minds would be our Achilles' heel. In fact, this duality offers a wonderful advantage for our lives. Consider it this way: what if we had conscious parents and teachers who served as wonderful life models, always engaging in humane and win-win relations with everyone in the community? If our subconscious mind were programmed with such healthy behaviours, we could be totally successful in our lives without ever being conscious!

The Subconscious Mind: I Keep Calling and No One Answers

While the "thinking self" nature of the conscious mind evokes images of a "ghost in the machine", there is no similar self-awareness operating in the subconscious mind. The latter

mechanism is more akin to a jukebox loaded with behavioural programs, each ready to play as soon as appropriate environmental signals appear and press the selection buttons. If we don't like a particular song in the jukebox, how much yelling at or arguing with the machine will cause it to reprogram its play list? In my college days, I saw many an inebriated student curse to no avail and kick jukeboxes that were not responsive to their requests. Similarly, we must realise that no amount of yelling or cajoling by the conscious mind can ever change the behavioural "tapes" programmed into the subconscious mind. Once we realise the ineffectiveness of this tactic, we can quit engaging in a pitched battle with the subconscious mind and take a more clinical approach to reprogramming it. Engaging the subconscious in battle is as pointless as kicking the jukebox in the hope that it will reprogram its play list.

The futility of battling with the subconscious is a hard message to get across because one of the programs most of us downloaded when we were young is that "will-power is admirable". So we try over and over again to override the subconscious program. Usually such efforts are met with varying degrees of resistance

because the cells are obligated to adhere to the subconscious program. Tensions between conscious will-power and subconscious programs can result in serious neurological disorders.

For me, a powerful image of why we should not challenge the subconscious comes from the movie *Shine*. In the movie, based on a true story, Australian concert pianist David Helfgott defies his father by going off to London to study music. Helfgott's father, a survivor of the Holocaust, had programmed his son's subconscious mind with the belief

that the world was unsafe, that if he "stood out" it might be life threatening. His father insisted that his son would be safe only if he stayed close to his family. In spite of his father's relentless programming, Helfgott knew that he was a world-class pianist who needed to break from his father to realise his dream.

In London, Helfgott played the notoriously difficult *Third Piano Concerto* of Rachmaninoff in a competition. The film shows the conflict between his conscious mind wanting success and his subconscious mind concerned that being visible, being internationally recognised, was life-threatening. As he labours through the concerto, sweat pouring from his brow, Helfgott's conscious mind fights to stay in control while his subconscious mind, fearful of winning, tries to take control of his body. Helfgott consciously forces himself to maintain control through the concerto until he plays the last note. He then passes out, overcome by the energy it took to battle his subconscious programming. For that "victory" over the subconscious, he pays a high price: when he comes to, he is insane.

Most of us engage in less-dramatic battles with our subconscious mind as we try to undo the programming we received as children. Witness our ability continually to seek out jobs that we fail at or remain in jobs we hate because we don't "deserve" a better life.

Conventional methods for suppressing destructive behaviours include drugs and talk therapy. Newer approaches promise to change our programming, recognising that there is no use "reasoning" with the subconscious tape player. These methods

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capitalise on the findings of quantum physics that connect energy and thought. In fact, these modalities that reprogram previously learned behaviours can be collectively referred to as "energy psychology"—a burgeoning field based on the New Biology.

But how much easier it would be to be nurtured from the beginning of life so that we can reach our genetic and creative potential. How much better to become a conscious parent so that our children and their children will be conscious parents, making reprogramming unnecessary and making for a happier, more peaceful planet!

A Twinkle In Your Parents' Eyes: Conscious Conception and Conscious Pregnancy

You all know the expression, "When you were only a twinkle in your parents' eyes"—a phrase that conjures up the happiness of loving parents who truly want to conceive a child. It turns out it is also a phrase that sums up the latest genetic research suggesting that parents should cultivate that twinkle in the months before they conceive a child. That growth-promoting awareness and intention can produce a smarter, healthier and happier baby.

Research reveals that parents act as genetic engineers for their children in the months before conception. In the final stages of egg and sperm maturation, a process called "genomic imprinting" adjusts the activity of specific groups of genes that will shape the character of the child yet to be conceived. (Surani, 2001; Reik and Walter, 2001)

Research suggests that what is going on in the lives of the parents during the process of genomic imprinting has a profound influence on the mind and body of their child—a scary thought, given how unprepared most people are to have a baby. Verny writes in *Pre-Parenting: Nurturing Your Child from Conception*: "It makes a difference whether we are conceived in love, haste or hate, and whether a mother wants to be pregnant...parents do better when they live in a calm and stable environment, free of addictions and supported by family and friends." (Verny, 2002) Interestingly, aboriginal cultures have recognised the influence of the conception environment for millennia. Prior to conceiving a child, couples ceremonially purify their minds and bodies.

An impressive body of research is documenting how important parents' attitudes are in the development of the foetus, once the child is conceived. Again Verny writes: "In fact, the great weight of the scientific evidence that has emerged over the last decade demands that we re-evaluate the mental and emotional abilities of unborn children. Awake or asleep, the studies show, they [unborn children] are constantly tuned in to their mother's every action, thought and feeling. From the moment of conception, the experience in the womb shapes the brain and lays the groundwork for personality, emotional temperament, and the power of higher thought."

Now is the time to stress that the New Biology is *not* a return to the old days of blaming mothers for every ailment that medicine didn't understand, from schizophrenia to autism.

Mothers and fathers are in the conception and pregnancy business together, even though it is the mother who carries the child in her womb. What the father does profoundly affects the mother, which in turn affects the developing child. For example, if the father leaves and the mother starts questioning her own ability to survive, his leaving profoundly changes the interaction between the mother and the unborn baby. Similarly, societal factors, such as lack of employment, housing and healthcare or endless wars that pull fathers into the military, can affect the parents and thus the developing child. The essence of conscious parenting is that both mothers and fathers have important responsibilities for fostering healthy, intelligent, productive and joy-filled children. We surely cannot blame ourselves nor our parents for failures in our own or our children's lives. Science has kept our attention focused on the notion of genetic determinism, leaving us ignorant about the influence beliefs have on our lives and, more importantly, how our behaviours and attitudes program the lives of our children.

Most obstetricians are also still uneducated about the importance of parental attitudes in the development of the baby. According to the notion of genetic determinism that they were steeped in as medical students, foetal development is mechanically controlled by genes, with little additional contribution from the mother. Consequently, ob-gyns are only concerned with a few maternal prenatal issues: Is she eating well? Taking vitamins? Does she exercise regularly? Those questions focus on what they believe is the mother's principal role: the provision of nutrients to be used by the genetically programmed foetus. But the developing child receives far more than nutrients from the mother's blood. Along with nutrients, the foetus absorbs excess glucose if the mother is diabetic, and excess cortisol and other fight or flight hormones if the mother is chronically stressed. Research now offers insights into how the system works. If a mother

is under stress, she activates her HPA [Hypothalamic-Pituitary-Adrenal] axis, which provides fight or flight responses in a threatening environment.

Stress hormones prepare the body to engage in a protection response. Once these maternal signals enter the foetal bloodstream, they affect the same target tissues and organs in the foetus as they did in the mother. In stressful environments, foetal blood preferentially flows to the muscles and hindbrain, providing nutritional requirements needed by the arms and legs and by the region of the brain responsible for life-saving reflex behaviour. In supporting the function of the protection-related systems, blood flow is shunted from the viscera organs and stress hormones suppress forebrain function. The development of foetal tissue and organs is proportional to both the amount of blood they receive and the function they provide.

When passing through the placenta, the hormones of a mother experiencing chronic stress will profoundly alter the distribution of blood flow in her foetus and change the character of her developing child's physiology. (Lesage et al., 2004; Christensen, 2000; Arnsten, 1998; Leutwyler, 1998; Sapolsky, 1997; Sandman et al., 1994)

Parents act as genetic engineers for their children in the months before conception.

In the final stages of egg and sperm maturation, a process called "genomic imprinting" adjusts the activity of specific groups of genes that will shape the character of the child yet to be conceived.

At the University of Melbourne, E. Marilyn Wintour's research on pregnant sheep, which physiologically are quite similar to humans, has found that prenatal exposure to cortisol eventually leads to high blood pressure. (Dodic et al., 2002) Foetal cortisol levels play a very important regulatory role in the development of the kidneys' filtering units, the nephrons. A nephron's cells are intimately involved with regulating the body's salt balance and consequently are important in controlling blood pressure. Excess cortisol absorbed from a stressed mother modifies foetal nephron formation. An additional effect of excess cortisol is that it simultaneously switches the mother's and the foetus's system from a growth state to a protection posture. As a result, the growth-inhibiting effect of excess cortisol in the womb causes the baby to be born smaller.

Suboptimal conditions in the womb that lead to low-birthweight babies have been linked to a number of adult ailments that Nathanielsz outlines in his book *Life In The Womb*, including diabetes, heart disease and obesity. (Nathanielsz, 1999) For example, Dr David Barker (ibid.) of England's University of Southampton has found that a male who weighs less than 5.5 pounds at birth has a 50 per cent greater chance of dying of heart disease than one with a higher birthweight.

Harvard researchers have found that women who weigh less than 5.5 pounds at birth have a 23 per cent higher risk of cardiovascular disease than women born heavier. And David Leon (ibid.) of the London School of Hygiene and Tropical Medicine has found that diabetes is three times more common in 60-year-old men who were small and thin at birth.

The new focus on the influences of the prenatal environment extends to the study of IQ, which genetic determinists and racists once linked simply to genes. But in 1997, Bernie Devlin, a professor of psychiatry at the University of Pittsburgh School of Medicine, carefully analysed 212 earlier studies that compared the IQs of twins, siblings, and parents and their children. He concluded that genes account for only 48 per cent of the factors that determine IQ. And when the synergistic effects of mingling the mother's and father's genes are factored in, the true inherited component of intelligence plummets even further, to 34 per cent. (Devlin et al., 1997; McGue, 1997) Devlin, on the other hand, found that conditions during prenatal development significantly impact IQ. He reveals that up to 51 per cent of a child's potential intelligence is controlled by environmental factors. Previous studies had already found that drinking or smoking during pregnancy can cause decreased IQ in children, as can exposure to lead in the womb. The lesson for people who want to be parents is that you can radically short-change the intelligence of your child simply by the way you approach pregnancy. These IQ changes are not accidents: they are directly linked to altered blood flow in a stressed brain.

In my lectures on conscious parenting, I cite research but I also show a video from an Italian conscious parenting organisation, Associazione Nazionale Educazione Prenatale, which graphically

illustrates the interdependent relationship between parents and their unborn child. In this video, a mother and father engage in a loud argument while the woman is undergoing a sonogram. You can vividly see the foetus jump when the argument starts. The startled foetus arches its body and jumps up as if it were on a trampoline when the argument is punctuated with the shattering of glass. The power of modern technology, in the form of a sonogram, helps to lay to rest the myth that the unborn child is not a sophisticated enough organism to react to anything other than its nutritional environment.

Nature's Head Start Program

You may be wondering why evolution would provide such a system for foetal development that seems so fraught with peril and is so dependent on the environment of the parents. Actually, it's an ingenious system that helps ensure the survival of your offspring. Eventually, the child is going to find itself in the same environment as its parents. Information acquired from the parents' perception of their environment transmits the placenta and primes the pre-nate's physiology, preparing it to deal more effectively with future exigencies that will be encountered after birth. Nature is simply preparing that child to best survive in that environment. However, armed with the latest science, parents now have a choice. They can carefully reprogram their limiting beliefs about life before they bring a child into their world.

The importance of parental programming undermines the notion that our traits, both positive and negative, are fully determined by our genes. As we have seen, genes are shaped, guided and tailored by environmental learning experiences.

We have all been led to believe that artistic, athletic and intellectual prowess are traits simply passed on by genes. But no matter how "good" one's genes may be, if an individual's nurture

experiences are fraught with abuse, neglect or misperceptions then the realisation of the genes' potentials will be sabotaged.

For example, performer Liza Minnelli acquired her genes from her superstar mother Judy Garland and her filmmaker father Vincente Minnelli. Liza's career, the heights of her stardom and the lows of her personal life are scripts that were played out by her parents and downloaded into her subconscious mind. If Liza had the same genes but was raised by a nurturing Pennsylvania Dutch farming family, that environment would have epigenetically triggered a different selection of genes. The genes that enabled her to pursue a successful entertainment career would have likely been masked or inhibited by the cultural demands of her agrarian community.

A wonderful example of the effectiveness of conscious parenting programming is superstar golfer Tiger Woods. Although his father was not an accomplished golfer, he made every effort to immerse Tiger in an environment that was rich with opportunities to develop and enhance the mindset, skills, attitudes and focus of a master golfer. No doubt, Tiger's success is also intimately connected with the Buddhist philosophy that his mother contributed.

The lesson for people who want to be parents is that you can radically short-change the intelligence of your child simply by the way you approach pregnancy.

These IQ changes are not accidents: they are directly linked to altered blood flow in a stressed brain.

Indeed, genes are important—but their importance is only realised through the influence of conscious parenting and the richness of opportunities provided by the environment.

Conscious Mothering and Fathering

I used to close my public lectures with the admonition that we are personally responsible for everything in our lives. Such a closure did not make me popular with the audiences. That responsibility was too much for many people to accept. After one lecture, an older woman in the audience was so distressed by my conclusion that she brought her husband backstage and, in tears, vehemently contested my conclusion. She did not want any part of some of the tragedies she had experienced. This woman convinced me that my summary conclusion had to be modified. I realised that I didn't want to contribute to foisting blame and guilt on any individual. As a society, we are too apt to wallow in guilt or scapegoat others for our problems. As we gain insights over a lifetime, we become better equipped to take charge of our lives. After some deliberation, this woman from the audience happily accepted the following resolution: you are personally responsible for everything in your life, *once you become aware* that you are personally responsible for everything in your life. One cannot be "guilty" of being a poor parent unless one is already aware of the above-described information and disregards it. Once you become aware of this information, you can begin to apply it to reprogram your behaviour.

And while we're on the subject of myths about parenting, it is absolutely not true that you are the same parent for all of your children. Your second child is not a clone of the first child. The same things are not happening in your world that happened when the first

child was born. I once thought that I was the same parent for my first child as I was for my very different second child. But when I analysed my parenting, I found that was not true. When my first child was born, I was at the beginning of my graduate school training, which was for me a difficult transition fraught with a high workload accompanied by high insecurity. By the time my second daughter was born, I was a more confident, more accomplished research scientist ready to start my academic career. I had more time and more psychic energy to parent my second child and to better parent my first daughter, who was by then a toddler.

Another myth I'd like to address is that infants need lots of stimulation in the form of black-and-white flash cards or other learning tools marketed to parents to increase the intelligence of their children. Michael Mendizza and Joseph Chilton Pearce's inspiring book *Magical Parent, Magical Child* makes it clear that *play*, not programming, is the key to optimising the learning and performance of infants and children. (Mendizza and Pearce, 2001) Children need parents who can playfully foster the curiosity, creativity and wonder accompanying their children into the world.

Obviously, what humans need is nurture in the form of love and the ability to observe older humans going about their everyday lives. When babies in orphanages, for example, are kept in cribs and only provided with food but not one-on-one smiles and hugs, they develop long-lasting developmental problems. One study of Romanian orphans by Mary Carlson, a neurobiologist at Harvard Medical School, concluded that the lack of touching and attention

in Romanian orphanages and poor-quality day-care centres stunted the children's growth and adversely affected their behaviour. Carlson, who studied 60 Romanian children from a few months to three years of age, measured their cortisol levels by analysing samples of saliva. The more stressed a child was, as determined by the higher-than-normal levels of cortisol in its blood, the poorer the outcome for the child. (Holden, 1996)

Carlson and others have also done research on monkeys and rats, demonstrating crucial links between touch, the secretion of the stress hormone cortisol and social development. Studies by James W. Prescott, former director of the National Institutes of Health's Human Health and Child Development section, revealed that newborn monkeys deprived of physical contact with their mothers or social contact with others, developed abnormal stress profiles and became violent sociopaths. (Prescott, 1990)

Prescott followed up these studies with an assessment of human cultures based on how they raise their children. He found that if a society physically held and loved its children and did not repress sexuality, that culture was peaceful. Peaceful cultures feature parents who maintain extensive physical contact with their children,

such as carrying their baby on their chest or back throughout the day. In contrast, societies that deprive their infants, children and adolescents of extensive touch are inevitably violent in nature. One of the differences between populations is that many of the children not receiving touch suffer from somatosensory affective disorder. This disorder is characterised by an inability to physiologically suppress surging levels of stress hormones, a precursor to violent episodes. (Prescott, 1990, 1996)

These findings provide insights into the violence that pervades the United

States. Rather than endorsing physical closeness, our current medical and psychological practices often discourage it. From the unnatural intervention of medical doctors in the natural process of birthing, for example, separating the neonate for extensive periods from the parents into distant nurseries, to advising parents not to respond to their baby's cries for fear of spoiling them...such practices, presumably based upon "science", undoubtedly contribute to the violence in our civilisation. The research regarding touch—or lack of it—and its relationship to violence is described in full at the website <http://www.violence.de>.

But what about the Romanian children who came out of deprived backgrounds and became what one researcher called "the resilient wonders"? Why do some children thrive despite their backgrounds? Because they have "better" genes? By now, you know that I don't believe that. More likely, the birth parents of these resilient wonders provided a more nurturing prenatal and perinatal environment as well as good nutrition at crucial points in the child's development.

The lesson for adoptive parents is that they should not pretend their children's lives began when they came into their new surroundings. Their children may already have been programmed by their birth parents with a belief that they are unwanted or unlovable. If more fortunate, they may have received, at some crucial stage in their development, positive, life-affirming messages from their caretakers. If adoptive parents are not aware of pre- and perinatal programming, they may not be able to deal realistically with post-adoption issues. They may not realise that

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their children did not come to them as a "blank slate", any more than newborns come into the world as blank slates unaffected by their nine months in their mother's womb. Better to recognise that programming and to work, if necessary, to change it.

For adoptive and non-adoptive parents alike, the message is clear: your children's genes reflect only their potential, not their destiny. It is up to you to provide the environment that allows children to develop to their highest potential.

Notice I do not say that it is up to parents to read lots of parenting books. I've met many people who are intellectually attracted to the ideas I present in this book. But intellectual interest is not enough. I tried that myself. I was intellectually aware of everything in this book, but, before I made the effort to change, this made no impact on my life. If you simply read this book and think that your life and your children's lives will change, you're doing the equivalent of accepting the latest pharmaceutical pill thinking it will "fix" everything. No one is fixed until they make the effort to change.

Here is my challenge to you. Let go of unfounded fears and take care not to implant unnecessary fears and limiting beliefs in your children's subconscious minds. Most of all, do not accept the fatalistic message of genetic determinism. You can help your children reach their potential and you can change your personal life. You are not "stuck" with your genes.

Take heed of the growth and protection lessons from cells and shift your lives into growth whenever possible. And remember that, for human beings, the most potent growth-promoter is not the fanciest school, the biggest toy or the highest-paying job. Long before cell biology and studies of children in orphanages,

conscious parents and seers like Rumi knew that for human babies and adults, the best growth promoter is *love*.

*A lifetime without Love is of no account
Love is the Water of Life
Drink it down with heart and soul.*

Editor's Note:

This article is excerpted from chapter seven of Dr Bruce Lipton's bestselling book *The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles*, published by Mountain of Love Productions/Elite Books in May 2005 (see review in NEXUS 12/04). The book is distributed by Midpoint Trade, website <http://www.midpointtrade.com>. Australian and NZ readers should note that Bruce Lipton is touring Down Under in late March/early April. See advert this issue, or phone +61 (0)3 9844 5379.

About the Author:

Bruce Lipton, PhD, is an internationally recognised authority on bridging science and spirit. A cell biologist by training, he taught cell biology at the University of Wisconsin's School of Medicine and later performed pioneering studies at Stanford University's School of Medicine. He has been a guest speaker on dozens of TV and radio shows, as well as a keynote presenter for national conferences. His breakthrough studies on the cell membrane presaged the new science of Epigenetics and have made him a leading voice of the New Biology.

For more details about Dr Lipton and his research and to contact him, visit his website <http://www.brucelipton.com>.

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MIND CONTROL

THE ULTIMATE BRAVE NEW WORLD

Technologies for stimulating the brain and controlling the mind can have benefits, but they have a dark side that military and intelligence planners have been exploiting for decades.

Part 1 of 2

by Nick Begich, MD © 2005

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It would also appear possible to create high fidelity speech in the human body, raising the possibility of covert suggestion and psychological direction... Thus, it may be possible to "talk" to selected adversaries in a fashion that would be most disturbing to them.¹

— US Air Force, *New World Vistas: Air and Space Power for the 21st Century*¹

The idea that the brain can be made to function at a more efficient and directed level has been the subject of research by scientists, mystics, health practitioners and others for as long as mankind has contemplated such matters. In the last decade, advances in the science of the brain have begun to yield significant results. The results of the research are startling, challenging and, if misused, will be frightening. The certainty to be expected from the research is that it will continue to proceed.

The idea that people can be impacted by external signal generators which create, for example, pulsed electromagnetic fields, pulsed light and pulsed sound signals is not new. The following information demonstrates some of the possibilities and gives hints of the potentials of the technology. On the positive side, researchers in the field of light and sound are making huge progress in a number of areas, including working with learning disabilities, attention deficit disorders, stroke recovery, accelerated learning, drug/alcohol addiction and enhanced human performance. The research has shown that certain brain states can be influenced in a way which causes changes within the brain itself. These changes allow individuals the possibility of influencing specific conditions in the mind and body otherwise thought beyond our direct control.

The military and others interested in such things have also focused a large amount of research into this area for the purpose of enhancing the performance of soldiers while degrading the performance of adversaries.

What is known is that great strides in the area of behaviour control are now possible with systems developed and under development by most sophisticated countries on the planet. These new technologies represent a much different approach to warfare which our government is describing as part of the "Revolution in Military Affairs". While these new technologies offer much for military planners, they offer even more to citizens generally. Their potential use in military applications and "peacekeeping" creates the need for open debate of this new realm of intelligence-gathering, manipulation and warfare. The most basic ethical questions regarding use of these technologies have not been adequately addressed.

At the same time that defence and intelligence-gathering capabilities are being sought, independent researchers are fully engaged in seeking positive uses for the technology. The potentials of the technology, like all technology, are great as both a destructive or constructive force for change. The idea of enhancing physical and mental performance while bypassing what heretofore was a long and arduous road to achieve the same results is exciting. Maintaining the research in the open literature and ensuring that constructive uses are encouraged is critical.

I began looking into technologies for stimulating brain performance about fifteen years ago. At the time, there were limited tools available compared to what is now possible. Now it is possible to obtain light and sound, electrocranial and biofeedback tools for use in this exploration. Moreover, there are audio materials also available for use with most of these tools. These audio materials can be used for learning languages, behaviour modification or enhanced performance. The biofeedback side of the new technology is being used to train people to reach specific desired brain states for optimum performance.

The use of light and sound devices for stimulating brain activity which is conducive to

accelerated learning and relaxation is a growing area of interest to many people. Moreover, the use of these tools in conjunction with biofeedback has been the subject of quickly evolving research. The combined technologies of brain state inducement and biofeedback offer exciting possibilities. It has been found with the combination that a person, in a matter of several weeks, can learn to modify purposefully his/her brain activity in a way which would have taken a Zen master twenty years to accomplish. It has been shown that some children with attention deficit disorders can be taught to regulate their brain activities so that they can learn efficiently without chemicals. It has been demonstrated that recovering stroke victims can more rapidly recover when working with brain-biofeedback practitioners and these new tools.

The research is also teaching us a good deal about our suggestibility in terms of influences which have an impact on our behaviour. The underlying message that comes with the new technology is the necessity of providing safeguards against misuse. Additionally, recognition of the everyday stimulation we all get and the effect of these information inputs on our learning processes becomes more clear. The suggestibility of humans, particularly when in a fatigued condition, has been exploited by terrorists, cults and others in pursuit of their own aims. The passive suggestibility of radio and television as we weave in and out of the semi-sleep states is for the most part not even recognised. The passive learning situations become even more relevant when we consider how we "receive the news" in our daily lives. The ability to influence thinking, behaviour and performance is indeed a two-edged sword.

The 1980s and 1990s were focused on building up the physical body. The 21st century will see a focus on building the mind and optimising mental performance. The idea of merging the new technologies into education is interesting and also calls into question who will decide what is to be learned. In the interim, the possibilities are incredible for those interested in such pursuits. The control of our mental function is no different than the control of the muscles in our bodies. Learning to control or coordinate the activity of our minds will propel our bodies through a much more productive and fuller life. The new tools may offer just such opportunities.

On the other side of the issue is the potential for misuse and exploitation of the science. Military planners, law enforcement officials and others are now seeking the covert use of these technologies for controlling the ultimate "information processor"—the Human Being.

MK-ULTRA

"Dr Gottlieb, born August 3, 1918, was the CIA's real-life 'Dr Strangelove'—a brilliant bio-chemist who designed and headed MK-ULTRA, the agency's most far-reaching drug and mind-control program at the height of the Cold War. Though the super-secret MK-ULTRA was ended in 1964, a streamlined version called MK-SEARCH was continued—with Gottlieb in charge—until 1972."¹²

During this period, substantial interest in mind control was stimulated by Soviet use of microwaves. In 1988, "thirty-five years after

security officers first noticed that the Soviets were bombarding the US embassy in Moscow with microwave radiation, the US government still has not determined conclusively—or is unwilling to reveal—the purpose behind the beams".³ The US government did know what was happening. The Soviets had developed methods for disrupting the purposeful thought of humans and were using their knowledge to impact diplomats in the United States embassy in Moscow.

In 1994, a report concerning the MKULTRA program was issued, containing the following information:

"In the 1950s and '60s, the CIA engaged in an extensive program of human experimentation, using drugs, psychological, and other means, in search of techniques to control human behavior for counterintelligence and covert action purposes.

"In 1973, the CIA purposefully destroyed most of the MKULTRA files concerning its research and testing on human behaviour. In 1977, the agency uncovered additional MKULTRA files in the budget and fiscal records that were not indexed under the name MKULTRA. These documents detailed over 150 subprojects that the CIA funded in this area, but no evidence was uncovered at that time concerning the use of radiation.

"The CIA did investigate the use and effect of microwaves on human beings in response to a Soviet practice of beaming microwaves on the US embassy. The agency determined that this was outside the scope of the Advisory Committee's purview.

"...The Church Committee found some records, but also noted that the practice of MKULTRA at that time was 'to maintain no records of the planning and approval of test programs'. ...MKULTRA itself was technically closed out in 1964, but some of its work was transferred to the Office of Research and Development (ORD) within the DS&T under the name MKSEARCH and continued into the 1970s.

"The CIA worked closely with the Army in conducting the LSD experiments. This connection with the Army is significant because MKULTRA began at the same time that Secretary of Defense

Wilson issued his 1953 directive to the military services on ethical guidelines for human experiments.

"Throughout the course of MKULTRA, the CIA sponsored numerous experiments on unwitting humans. After the death of one such individual (Frank Olson, an army scientist, was given LSD in 1953 and committed suicide a week later), an internal CIA investigation warned about the dangers of such experimentation. The CIA persisted in this practice for at least the next ten years. After the 1963 IG [Inspector-General] report recommended termination of unwitting testing, Deputy Director for Plans Richard Helms (who later became Director of Central Intelligence) continued to advocate covert testing on the ground that 'positive operational capability to use drugs is diminishing, owing to a lack of realistic testing. With increasing knowledge of state of the art, we are less capable of staying up with the Soviet advances in this field'. ...Helms attributed the cessation of the unwitting testing to the high risk of embarrassment to the Agency as well as the 'moral problem'. He noted that no better covert situation had been devised than that

The 1980s and 1990s were focused on building up the physical body. The 21st century will see a focus on building the mind and optimising mental performance.

The idea of merging the new technologies into education is interesting and also calls into question who will decide what is to be learned.

which had been used, and that 'we have no answer to the moral issue'."⁴

They did have the answers to the moral questions on human experimentation but chose to ignore them, destroy the records, hide the truth and still continue in their efforts. Nothing has changed as each participating organisation, using national security laws, avoids disclosure and accountability. The records which were destroyed contained the evidence necessary perhaps to send some participants to jail for society's version of behaviour modification. Once again, there was no accountability and no recognition of the rights of the individuals damaged by these experiments.

Mind Wars

"For the first time in some 500 years, a scientific revolution has begun that will fundamentally change the world as much as the Renaissance and Enlightenment did. A handful of extraordinary new advances in science are taking humans quickly and deeply into areas that will have profound implications for the future."⁵

One of these areas is control of the human mind. The issues surrounding behaviour modification, mind control and information warfare become crystal clear as the facts unfold.

The following is taken from a current military document, "The Information Revolution and the Future Air Force" by Colonel John A. Warden III, USAF, which clarifies their position in the emerging area of research, taking a much different direction than the one described above:

"We're currently experiencing, on an unprecedented global basis, three simultaneous revolutions, any one of which would be more than enough to shock and confound us. The first revolution, a geopolitical revolution, sees a single dominant power in the world for the first time since the fall of Rome. The opportunities that are inherent in this situation are extraordinary, as are the pitfalls. Unfortunately, there is no one around that has first hand experience in how to deal with that kind of single power dominant world.

"The second revolution, and there's a lot of discussion about this so far, is the information revolution. As other people have mentioned, it is following inexorably in tandem behind Moore's law of computing power. Attendant to it, though, is not the creation of new ideas and technologies, but also an exponential growth in the velocity of information dissemination, and for us that is of extraordinary importance. A key part of this information revolution has an awesome impact on competition. The business that introduced a new product ten years ago could count on probably five years before it had to look seriously at potential competitors based overseas. Today, you're lucky if you can count on five months or even five weeks before you are facing the overseas competitor. In today's world, success simply demands rapid introduction of successively new products or military systems. Success now goes to the organization which exploits information almost instantly, while failure is the near certain fate of the organization which tries to husband or hide ideas. Real simple—use it or you're going to lose it.

"The third revolution, which is a little bit more complex, is the military/technological revolution, or in some places called the revolution in military affairs. I'm convinced that this is the first military technological revolution ever because we now have, for the first time, a conceptually different way to wage war. We can wage war in parallel now. In the past, communications and weapons technol-

ogy, especially weapons accuracy, have constrained us to waging serial war. This changes almost everything.

"Biological Process Control: As we look forward to the future, it seems likely that this nation will be involved in multiple conflicts where our military forces increasingly will be placed in situations where the application of full force capabilities of our military might cannot be applied. We will be involved intimately with hostile populations in situations where the application of non-lethal force will be the tactical or political preference. It appears likely that there are a number of physical agents that might actively, but largely benignly, interact or interfere with biological processes in an adversary in a manner that will provide our armed forces the tools to control these adversaries without extensive loss of life or property. These physical agents could include acoustic fields, optical fields, electromagnetic fields, and combinations thereof. This paper will address only the prospect of physical regulation of biological processes using electromagnetic fields.

"Prior to the mid-21st century, there will be a virtual explosion of knowledge in the field of neuroscience. We will have achieved a clear understanding of how the human brain works, how it really controls the various functions of the body, and how it can be manipulated (both positively and negatively). One can envision the development of electromagnetic energy sources, the output of

which can be pulsed, shaped, and focused, that can couple with the human body in a fashion that will allow one to prevent voluntary muscular movements, control emotions (and thus actions), produce sleep, transmit suggestions, interfere with both short-term and long-term memory, produce an experience set, and delete an experience set. This will open the door for the development of some novel capabilities that can be used in armed conflict, in terrorist/hostage situations, and in training. New weapons that offer the

opportunity of control of an adversary without resorting to a lethal situation or to collateral casualties can be developed around this concept. This would offer significant improvements in the capabilities of our special operation forces.

"Initial experimentation should be focused on the interaction of electromagnetic energy and the neuromuscular junctions involved in voluntary muscle control. Theories need to be developed, modeled, and tested in experimental preparations. Early testing using *in vitro* cell cultures of neural networks could provide the focus for more definitive intact animal testing. If successful, one could envision a weapon that would render an opponent incapable of taking any meaningful action involving any higher motor skills (e.g., using weapons, operating tracking systems). The prospect of a weapon to accomplish this when targeted against an individual target is reasonable; the prospect of a weapon effective against a massed force would seem to be more remote. Use of such a device in an enclosed area against multiple targets (hostage situation) may be more difficult than an individual target system, but probably feasible.

"It would also appear to be possible to create high fidelity speech in the human body, raising the possibility of covert suggestion and psychological direction. When a high power microwave pulse in the gigahertz range strikes the human body, a very small temperature perturbation occurs. This is associated with a sudden expansion of the slightly heated tissue. This expansion is fast enough to

"In the past, communications and weapons technology, especially weapons accuracy, have constrained us to waging serial war. This changes almost everything."

produce an acoustic wave. If a pulse stream is used, it should be possible to create an internal acoustic field in the 5–15 kilohertz range, which is audible. Thus, it may be possible to 'talk' to selected adversaries in a fashion that would be most disturbing to them.

"In comparison to the discussion in the paragraphs above, the concept of imprinting an experience set is highly speculative, but nonetheless highly exciting. Modern electromagnetic scattering theory raises the prospect that ultrashort pulse scattering through the human brain can result in reflected signals that can be used to construct a reliable estimate of the degree of central nervous system arousal. The concept behind this 'remote EEG' is to scatter off of action potentials or ensembles of action potentials in major central nervous system tracts. Assuming we will understand how our skills are imprinted and recalled, it might be possible to take this concept one step further and duplicate the experience set in another individual. The prospect of providing a 'been there—done that' knowledge base could provide a revolutionary change in our approach to specialized training. How this can be done or even if it can be done are significant unknowns [*sic*]. The impact of success would boggle the mind!"⁶

The above report was a forecast for the year 2020. However, the reality is that these technologies already exist and there are a number of patents in the open literature which clearly show the possibilities. This research is not new but goes back to the 1950s.

"A new class of weapons, based on electromagnetic fields, has been added to the muscles of the military organism. The C3I [Command, Control, Communications and Intelligence] doctrine is still growing and expanding. It would appear that the military may yet be able to completely control the minds of the civilian population."⁷

The targeting of civilian populations by the military is a significant departure from its history. In the past, the military has used persuasion through real information rather than using deliberate deception and mind manipulation to win populations over.

"A decoy and deception concept presently being considered is to remotely create the perception of noise in the heads of personnel by exposing them to low power, pulsed microwaves. When people are illuminated with properly modulated low power microwaves the sensation is reported as a buzzing, clicking, or hissing which seems to originate (regardless of the person's position in the field) within or just behind the head. The phenomena occurs [*sic*] at average power densities as low as microwatts per square centimeter with carrier frequencies from 0.4 to 3.0 GHz. By proper choice of pulse characteristics, intelligible speech may be created. Before this technique may be extended and used for military applications, an understanding of the basic principles must be developed. Such an understanding is not only required to optimize the use of the concept for camouflage, decoy and deception operations but is required to properly assess safety factors of such microwave exposure."⁸

Actual testing of certain systems has proven "that movements, sensations, emotions, desires, ideas, and a variety of psychological phenomena may be induced, inhibited, or modified by electrical stimulation of specific areas of the brain. These facts have changed the classical philosophical concept that the mind was beyond experimental reach."⁹

The first widespread interest in the subject of mind control hit the

mainstream of military think-tanks after the Korean War when returning prisoners of war exhibited significant behavioural changes. In 1956, the following was written into the United States Congressional Record:

"Reports of the treatment of American prisoners of war in Korea have given rise to several popular misconceptions, of which the most widely publicized is 'brainwashing'. The term itself has caught the public imagination and is used, very loosely, to describe any act committed against an individual by the Communists. Actual 'brainwashing' is a prolonged psychological process, designed to erase an individual's past beliefs and concepts and to substitute new ones. It is a highly coercive practice which is irreconcilable with universally accepted medical ethics. In the process of 'brainwashing', the efforts of many are directed against an individual. To be successful, it requires, among other things, that the individual be completely isolated from normal associations and environment."¹⁰

The ethical considerations have not changed, but the military's position on the ethics has changed as it has gained significant capabilities in these areas. "Psychological warfare is becoming increasingly important for US forces as they engage in peacekeeping operations. 'In the psychological operations area, we're always looking to build on our existing technologies, so much

of this is evolutionary,' [military planner] Holmes said. 'It is critically important that we stay ahead of the technology curve.'"¹¹ The temptation to dabble in this area has now overcome the ethical considerations.

A Russian military article offered a slightly different slant to the problem, declaring that "humanity stands on the brink of a psychotronic war" with the mind and body as the focus.^{11a} These "psychotronic" weapons aim to control or alter the psyche, or to attack the various sensory and data-processing systems of the human organism. In both cases, the goal is to confuse or destroy

the signals that normally keep the body in equilibrium.

According to a US Department of Defense directive (S-3600.1, December 9, 1996), "information warfare" is defined as "an information operation conducted during time of crisis or conflict to achieve or promote specific objectives over a specific adversary or adversaries". An "information operation" is defined in the same directive as "actions taken to affect adversary information and information systems". These "information systems" lie at the heart of the modernisation effort of the US armed forces and manifest themselves as hardware, software, communications capabilities and highly trained individuals.

Information warfare has tended to ignore the role of the human body as an information or data processor in this quest for dominance, except in those cases where an individual's logic or rational thought may be upset via disinformation or deception... Yet, the body is capable not only of being deceived, manipulated or misinformed but also shut down or destroyed—just as any other data-processing system. The "data" the body receives from external sources, such as electromagnetic, vortex or acoustic energy waves, or creates through its own electrical or chemical stimuli, can be manipulated or changed, just as the data (information) in any hardware system can be altered. If the ultimate target of information warfare is the information-dependent process, "whether human or automated", then the definition implies that human data-processing

The "data" the body receives from external sources, such as electromagnetic, vortex or acoustic energy waves, or creates through its own electrical or chemical stimuli, can be manipulated or changed, just as the data in any hardware system can be altered.

of internal and external signals can clearly be considered an aspect of information warfare.¹²

On a much grander scale, the use of mind control was contemplated as far back as 1969 by a former science adviser to President Johnson. "Gordon J. F. Macdonald, a geophysicist specializing in problems of warfare, has written that accurately timed, artificially excited strokes 'could lead to a pattern of oscillations that produce relatively high power levels over certain regions of the earth... In this way, one could develop a system that would seriously impair the brain performance of very large populations in selected regions over an extended period...'"¹³ This capability exists today through the use of systems which can stimulate the ionosphere to return a pulsed (modulated) signal which, at the right frequency, can override normal brain functions. By overriding the natural pulsations of the brain, chemical reactions are triggered which alter the emotional state of targeted populations.

Subliminal Messages and Commercial Uses

One of the areas where this new technology is being used is in systems to dissuade shoplifters, using sound below the range of hearing. "Japanese shopkeepers are playing CDs with subliminal messages to curb the impulses of the growing band of shoplifters. The Mind Control CDs have sound-tracks of popular music or ocean waves, with encoded voices in seven languages...warning that anyone caught stealing will be reported to the police."¹⁴

A number of devices have been developed to influence behaviour in this way, and patents have been awarded. The following summations are taken from some of these patents dealing with both audio and video programming—only this time, *we* are the program:

"An auditory subliminal programming system includes a subliminal message encoder that generates fixed frequency security tones and combines them with a subliminal message signal to produce an encoded subliminal message signal which is recorded on audio tape or the like. A corresponding subliminal decoder/mixer is connected as part of a user's conventional stereo system and receives as inputs an audio program selected by the user and the encoded subliminal message."¹⁵

"Ambient audio signals from the customer shopping area within a store are sensed and fed to a signal processing circuit that produces a control signal which varies with variations in the amplitude of the sensed audio signals. A control circuit adjusts the amplitude of an auditory subliminal anti-shoplifting message to increase with increasing amplitudes of sensed audio signals and decrease with decreasing amplitudes of sensed audio signals. This amplitude controlled subliminal message may be mixed with background music and transmitted to the shopping area."¹⁶

"Data to be displayed is combined with a composite video signal. The data is stored in memory in digital form. Each byte of data is read out in sequential fashion to determine: the recurrence display rate of the data according to the frame sync pulses of the video signal; the location of the data within the video image according to the line sync pulses of the video signal; and the location of the data

display within the video image according to the position information."¹⁷

"This invention is a combination of a subliminal message generator that is 100% user programmable for use with a television receiver. The subliminal message generator periodically displays user specified messages for the normal television signal for [a] specific period of time. This permits an individual to employ a combination of subliminal and supraliminal therapy while watching television."¹⁸

The above points may seem a bit complicated; however, they can be summarised. These patents are designed to provide a way to hide messages in video or audio formats, masking any suggestions that the programmer wishes to convey. These kinds of messages

bypass the conscious mind and are acted upon by the person hearing them; they are not sorted out by the active mind. Although these technologies are being developed for personal use and as security measures, consider the possibilities for abuse by commercial interests where the messages might be "buy, buy, buy", "drink more, don't worry", or some other self-serving script. Should these systems be regulated? By whom and under what conditions?

New Standards for What is a Memory

"Nevada is currently the only state to allow witness testimony of a person who has undergone hypnosis. As of October 1, 1997, courts hearing both civil and criminal cases can take a hypnotically refreshed testimony, as long as the witness, if a minor, has had the informed consent of parent or guardian, and the person performing the hypnosis is any of the following: a health care provider, a clinical social worker licenced in accordance with 641B of Nevada Revised Statute, or a disinterested investigator."¹⁹

This issue will surely become more complex as technology advances in terms of evidence. When the day arrives

that it is possible to change or alter memory completely, as suggested earlier by military officers, what then? How will we separate the real from the unreal? What will be the impact on the burden of proof in courts as it relates to "reasonable doubt"?

Again, the emergence of the technology has first to be recognised as real before laws can be constructed and systems established for controlling misuse. Think how long it has taken the courts even to recognise hypnotherapy as valid science. We are hopeful that we will not have to wait so long for legislative bodies to take the initiative to address these issues.

Auditory Effects

The questions which this section raises are profound. Is it possible to transmit a signal to the brain of a person, from a distance, which deposits specific sounds, voice or other information which can be understood? Is it possible to transfer sound in a way where only the targeted person can hear the "voice in the head" and no one else hears a thing? Is it possible to shift a person's emotions using remote electromagnetic tools? The answer to each of these questions is a resounding "Yes!" The state of the science has passed even the most optimistic predictions, and the capabilities are here now.

The capability exists today through the use of systems which can stimulate the ionosphere to return a pulsed signal which, at the right frequency, can override normal brain functions.

By overriding the natural pulsations of the brain, chemical reactions are triggered which alter the emotional state of targeted populations.

Military literature suggests that this is possible. A series of experiments, patents and independent research confirm that this technology exists today. While giving testimony to the European Parliament in 1998, I demonstrated one such device to the astonishment of those in attendance. This particular device required physical contact in order to work and was nearly forty years old. This area of research is one of the most important because it points to the ultimate weapon of political control: the ability to place information directly into the human brain, bypassing all normal filtering mechanisms.

In 1995, the US Department of Defense put forward the contract, "Communicating via the Microwave Auditory Effect; Awarding Agency: Department of Defense; SBIR Contract Number: F41624-95-C-9007". The description of this technology, which would be used for direct communications with military personnel, is written as follows:

"Title: Communicating via the Microwave Auditory Effect

"Description: An innovative and revolutionary technology is described that offers a means of low-probability-of-intercept Radio Frequency (RF) communications. The feasibility of the concept has been established using both a low intensity laboratory system and a high power RF transmitter. Numerous military applications exist in areas of search and rescue, security and special operations."²⁰

The feasibility was not only demonstrated in the laboratory but also in the field using a radio-frequency carrier. In the case of the Gulf War, we had always suspected that the reason the Iraqis gave up in mass was not because of the heavy bombardments but because they were being hit with new "non-lethal" systems which created fear and perhaps even worse. Our research uncovered reports which now confirm our suspicions as fact.

"What the 'Voice of the Gulf' began broadcasting, along with prayers from the Koran and testimonials from well-treated Iraqi prisoners, was precise information on the units to be bombed each day, along with a new, silent psychological technique which induced thoughts of great fear in each soldier's mind..."²¹

This makes a great deal of sense today, given what has become increasingly known about mind-control weapons.

"According to statements made by captured and deserting Iraqi soldiers, however, the most devastating and demoralizing programming was the first known military use of the new, high tech, type of subliminal messages referred to as ultra-high-frequency 'Silent Sounds' or 'Silent Subliminals'."²²

The use of these new techniques, we believe, went well beyond the injection of fear and may have involved more powerful signal generators which caused the other symptoms which the world observed, including head pain, bleeding from the nose, disorientation and nausea—all possible with so-called non-lethal weapons. The questions which now remain: Are they still using the techniques like an electronic concentration camp in order to control the population? Is this part of the way in which modern governments will suppress rogue nations?

This area of research is one of the most important because it points to the ultimate weapon of political control: the ability to place information directly into the human brain, bypassing all normal filtering mechanisms.

The development of the technology followed a very traceable history which began in the early 1960s at the height of the Cold War. In 1961, Dr Allen Frey wrote: "Our data to date indicate that the human auditory system can respond to electromagnetic energy in at least a portion of the radio frequency (RF) spectrum. Further, this response is instantaneous and occurs at low power densities, densities which are well below that necessary for biological damage. For example, the effect has been induced with power densities 1/60 of the standard maximum safe level for continuous exposure."²³

This observation had incredible ramifications because it meant that within certain ranges RF could create a sound within the brain of a person at energy concentration levels considered too small to be significant.

Later that year, a patent was issued to Henry K. Puharich and Joseph L. Lawrence which stated in part:

"The present invention is directed to a means for auxiliary hearing communication, useful for improving hearing, for example, and relates more specifically to novel and improved arrangements for auxiliary hearing communications by effecting the transmission of sound signals through the dental structure and facial nervous system of the user."²⁴ This crude device produced a signal which could be heard in the brain by inducing a vibration which was transferred through the bone into the inner ear, where it was then carried to the brain via the nervous system. Puharich continued researching along this line, gaining an additional patent in 1965.²⁵ Both of these inventions required physical contact with the head of the subject.

By 1962, Dr Allan Frey had advanced his work and was able to create sound at a distance from the subject, using a pulsed (modulated) radio transmitter. "Using extremely low average power densities of electromagnetic energy, the perception of sounds was induced in normal and deaf humans. The effect was induced several hundred feet from the antenna the instant the transmitter was turned on, and is a function of carrier frequency and modulation."²⁶

What was occurring in this research were the first attempts to "tune" into the brain of a human in the same manner as "tuning" into a radio station. The same energy was being used; it was just at a different frequency with a slight vibration (modulation) on the carrier wave which delivered the signal.

In 1968, G. Patrick Flanagan was issued a patent for a device which also required physical contact with the skin of the subject. "This invention relates to electromagnetic excitation of the nervous system of a mammal and pertains more particularly to a method and apparatus for exciting the nervous system of a person with electromagnetic waves that are capable of causing that person to become conscious of information conveyed by the electromagnetic waves."²⁷

This invention was much different than what others had created by that time, because this device actually sent a clear, audible signal through the nervous system to the brain.

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CYMATICS: THE SCIENCE OF THE FUTURE?

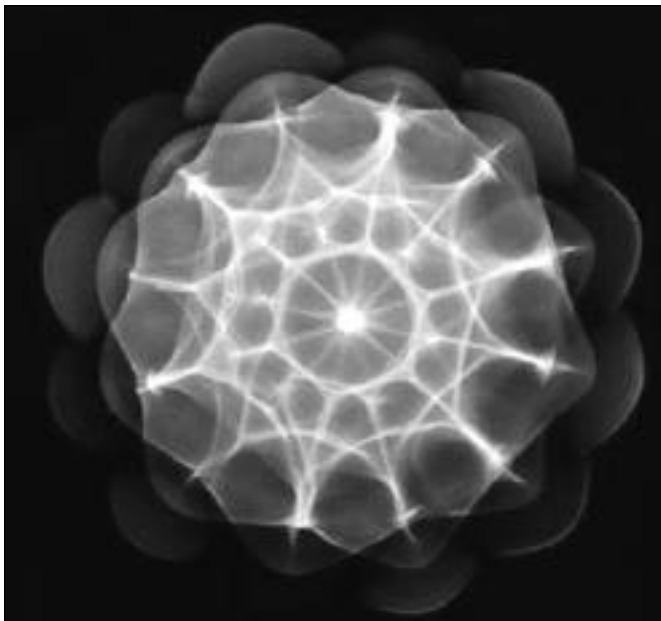
by Peter Petterson © 2005
translated by Yarrow Cleaves

Is there a connection between sound, vibrations and physical reality? Do sound and vibrations have the potential to create? In this article we will see what various researchers in this field, which has been named Cymatics, have concluded.

Chladni Figures

In 1787, the jurist, musician and physicist Ernst Chladni published *Entdeckungen über die Theorie des Klanges* (*Discoveries Concerning the Theory of Music*). In this and other pioneering works, Chladni, who was born in 1756 (the same year as Mozart) and died in 1829 (the same year as Beethoven), laid the foundations for that discipline within physics that came to be called acoustics, the science of sound. Among Chladni's successes was finding a way to make visible what sound waves generate.

With the help of a violin bow which he drew perpendicularly across the edge of flat plates covered with sand, he produced those patterns and shapes which today go



by the term "Chladni figures" (see right).

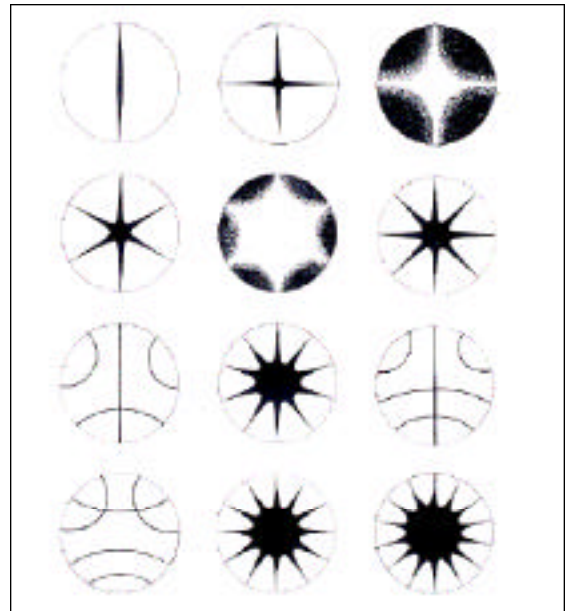
What was the significance of this discovery? Chladni demonstrated once and for all that sound actually does affect physical matter and that it has the quality of creating geometric patterns.

Bowditch Curves and Lissajous Figures

In 1815, the American mathematician Nathaniel Bowditch began studying the patterns created by the intersection of two sine curves whose axes are perpendicular to each other. These are sometimes called "Bowditch curves", but more often are known as "Lissajous figures" (see overleaf)—named after the French mathematician Jules-Antoine Lissajous who, independently of Bowditch, investigated them in 1857–58. Both concluded that the condition for these designs to arise was that the frequencies, or oscillations per second, of both curves stood in simple whole-number ratios to each other, such as 1:1, 1:2, 1:3 and so on.

In fact, one can produce Lissajous figures even if the frequencies are not in perfect whole-number ratios to each other.

If the difference is insignificant, the phenomenon that arises is that the designs keep changing their appearance. They move. What creates the variations in the shapes of these designs is the phase differential, or the angle between the two curves—in other words, the way in which their



Chladni figures

rhythms or periods coincide. If, on the other hand, the curves have different frequencies and are out of phase with each other, intricate web-like designs arise. These Lissajous figures are all visual examples of waves that meet each other at right angles.

As I pondered the connection between these figures and other areas of knowledge, I came to think about the concept that exists in many societies and their mythologies around the world, which describes the world as a web. For example, many of the Mesoamerican people regarded the various parts of the universe as products of spinning and weaving: "Conception and birth were...compared with the acts of spinning and weaving; all the Aztec and Mayan creation and fertility goddesses were described as great weavers."¹ A number of waves crossing each other at right angles looks like a woven pattern, and it is precisely that they meet at 90-degree angles that gives rise to Lissajous figures.

Dr Hans Jenny and Cymatics

In 1967, Hans Jenny, a Swiss doctor, artist and researcher (now deceased), published the bilingual book *Kymatik: Wellen*

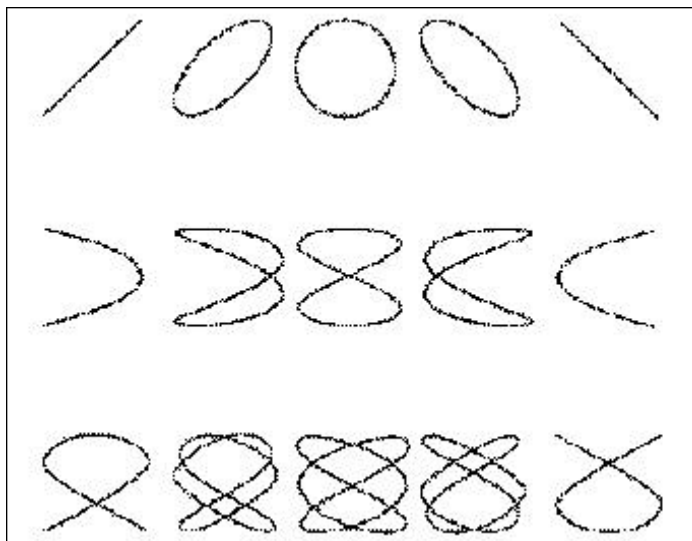
und Schwingungen mit ihrer Struktur und Dynamik / Cymatics: The Structure and Dynamics of Waves and Vibrations.

In this book Dr Jenny, like Chladni 200 years earlier, showed what happens when one takes various materials like sand, spores, iron filings, water and viscous substances and places them on vibrating metal plates and membranes. What then appears are shapes and motion patterns which vary from the nearly perfectly ordered and stationary to those that are turbulently developing, organic and constantly in motion.

Jenny made use of crystal oscillators and an invention of his own, the tonoscope, to set these plates and membranes vibrating. This was a major step forward. The advantage with crystal oscillators is that one can determine exactly which frequency and amplitude/volume one wants. It was now possible to research and follow a continuous train of events in which one had the possibility of changing the frequency or the amplitude or both.

The tonoscope was constructed to make the human voice visible without any electronic apparatus as an intermediate link. This yielded the amazing possibility of being able to see the physical image of the vowel, tone or song a human being produced directly (see right). Not only could you hear a melody, you could also see it!

Jenny called this new area of research *Cymatics*, which comes from the Greek word *kyma*, meaning "wave". Cymatics could be translated as the study of how vibrations, in the broad sense, generate and influence patterns, shapes and moving processes.



Lissajous figures

Creative Vibration

What did Hans Jenny find in his investigations? In the first place, Jenny produced both the Chladni figures and Lissajous figures in his experiments.

He discovered also that if he vibrated a plate at a specific frequency and amplitude—vibration—the shapes and motion patterns characteristic of that vibration appeared in the material on the plate.

If he changed the frequency or amplitude, the development and pattern were changed as well. He found that if he increased the frequency, the complexity

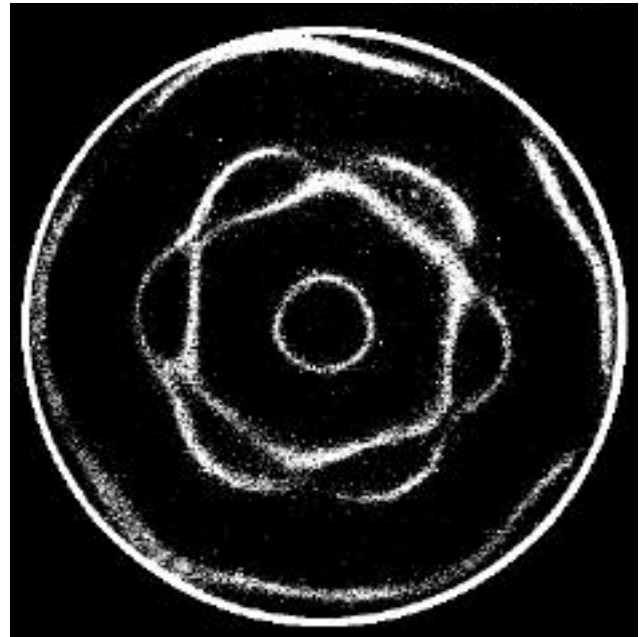
of the patterns increased; the number of elements became greater. If on the other hand he increased the amplitude, the motions became all the more rapid and turbulent and could even create small eruptions where the actual material was thrown up into the air.

The shapes, figures and patterns of motion that appeared proved to be primarily a function of frequency, amplitude and the inherent characteristics of the various materials.

He also discovered that under certain conditions he could make the shapes change continuously, despite his having altered neither frequency nor amplitude!

When Jenny experimented with fluids of various kinds, he produced wave motions, spirals and wave-like patterns in continuous circulation.

In his research with liquid and tilted it. The liquid did not yield to gravitational influence and run off the vibrating plate, but stayed on and went on constructing new shapes as though nothing had happened. If, however, the oscillation was then turned off, the liquid began to run, but if he was really fast and got the vibrations going again he could get the liquid back in place on the plate.



The vowel A resonating in sand.

ments that arose. With the help of iron filings, mercury, viscous liquids, plastic-like substances and gases, he investigated the three-dimensional aspects of the effect of vibration.

In his research with the tonoscope, Jenny noticed that when the vowels of the ancient languages of Hebrew and Sanskrit were pronounced, the sand took the shape of the written symbols for these vowels, while our modern languages, on the other hand, did not generate the same result! How is this possible? Did the ancient Hebrews and Indians know this? Is there something to the concept of "sacred language", which both of these are sometimes called? What qualities do these "sacred languages", among which Tibetan, Egyptian and Chinese are often numbered, possess? Do they have the power to influence and transform physical reality, to create things through their inherent power or, to take a concrete example, through the recitation or singing of sacred texts, to heal a person who has gone "out of tune"?

An interesting phenomenon appeared when he took a vibrating plate covered with liquid and tilted it. The liquid did not yield to gravitational influence and run off the vibrating plate, but stayed on and went on constructing new shapes as though nothing had happened. If, however, the oscillation was then turned off, the liquid began to run, but if he was really fast and got the vibrations going again he could get the liquid back in place on the plate.



According to Dr Jenny (pictured above), this is an example of an antigravitational effect created by vibrations.

Biological Evolution

In the beginning of *Cymatics*, Dr Hans Jenny says that in the living as well as non-living parts of nature, the trained eye encounters widespread evidence of periodic systems. These systems, he says, point to a continuous transformation from the one set condition to the opposite set.³

Jenny is saying that we see everywhere examples of vibrations, oscillations, pulses, wave motions, pendulum motions, rhythmic courses of events and serial sequences and their effects and actions. Throughout the book, Jenny emphasises his conception that these phenomena and processes not be taken merely as subjects for mental analysis and theorising. Only by trying to "enter into" phenomena through empirical and systematic investigation can we create mental structures capable of casting light on ultimate reality.

He asks that we not "mix ourselves in with the phenomenon" but instead pay attention to it and allow it to lead us to the inherent and essential. He means that even the purest philosophical theory is nevertheless incapable of grasping the true existence and reality of it in full measure.

What Hans Jenny pointed out is the resemblance between the shapes and patterns we see around us in physical reality and the shapes and patterns he generated in his investigations. Jenny was convinced that biological evolution is a result of vibrations, the nature of which determines the ultimate outcome. He speculated that every cell has its own frequency and that a number of cells with

the same frequency creates a new frequency which is in harmony with the original, which in its turn possibly forms an organ that also creates a new frequency in harmony with the two preceding ones.

Jenny was saying that the key to understanding how we can heal the body with the help of tones lies in our understanding of how

different frequencies influence genes, cells and various structures in the body. He also suggested that through the study of the human ear and larynx we would be able to come to a deeper understanding of the ultimate cause of vibrations.

"There is a similarity between cymatic pictures and quantum particles. In both cases, that which appears to be a solid form is also a wave."

Unity between Wave and Form

In the closing chapter of *Cymatics*, Jenny sums up these phenomena in a three-part unity. The fundamental and generative power is in the vibration which, with its periodicity, sustains phenomena with its two poles. At one pole we have form, the figurative pattern. At the other is motion, the dynamic process. These three fields—vibration and periodicity as the ground field, and form and motion as the two poles—constitute an indivisible whole, Jenny says, even though one can dominate sometimes.

Does this trinity have something within science that corresponds? Yes, according to John Beaulieu, American polarity and music therapist. In his book *Music and Sound in the Healing Arts*, he draws a comparison between his own three-part structure, which in many respects resembles Jenny's, and the conclusions that

researchers working with subatomic particles have reached. "There is a similarity between cymatic pictures and quantum particles. In both cases, that which appears to be a solid form is also a wave. They are both created and simultaneously organised by the principle of pulse [principle of vibration]. This is the great mystery with sound: there is no solidity! A form that appears solid is actually created by an underlying vibration."⁴

In an attempt to explain the unity in this dualism between wave and form, physics developed the quantum field theory in which the quantum field—or, in our terminology, the vibration—is understood as the one true reality, and the particle or form and the wave or motion are only two polar manifestations of the one reality—vibration—says Beaulieu.

In conclusion, I would like to cite Cathie E. Guzzetta's poetic contemplation of the investigation of the relationship between sound and the arising of various life-forms: "The forms of snowflakes and faces of flowers may take on their shape because they are responding to some sound in nature. Likewise, it is possible that crystals, plants and human beings may be, in some way, music that has taken on visible form."⁵

Endnotes

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3. Jenny, Hans, *Kymatik: Wellen und Schwingungen mit ihrer Struktur und Dynamik / Cymatics: The Structure and Dynamics of Waves and Vibrations*, Basilius Press, 1967, p. 10.
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(Source: <http://www.mysticalsun.com/cymatics/cymatics.html>; for more information, visit <http://www.mysticalsun.com>.)

T. LOBSANG RAMPA

NEW AGE TRAILBLAZER

An alleged Tibetan high lama who claimed to have transmigrated into the body of a Devonshire man, Rampa provided through his writings a legacy of secret knowledge that has challenged even his most strident critics.

Part 1 of 2

by Karen Mutton © 2005

Email:

karenmutton@optusnet.com.au

Website:

<http://www.tuesdaylobsangrampa.com>

Extracted from her 2005 e-book,
T. Lobsang Rampa: New Age Trailblazer

In January 1981, two prominent Tibetan identities died in exile. Amala, or "Mother of the Nation", died after a long illness in Dharamsala, India. She had given birth to 16 children—including her most famous son: His Holiness, the Fourteenth Dalai Lama. Her two other sons had been recognised as *tulkus*, or reincarnations of high lamas. She was beloved by the whole Tibetan nation in exile, who mourned her passing.

In an emergency ward of the Foothills Hospital in Calgary, Canada, the famous author and mystic known as Tuesday Lobsang Rampa also breathed his last after decades of ill health. His 19 books about Tibet and the occult arts had sold in the millions and his admirers could be found on six continents. Despite his fame, however, there were no accolades or eulogies from the Tibetan community. He died unrecognised and unclaimed by the people of Tibet whom he had tried to help.

Lobsang Rampa was an Englishman with a Devonshire accent who insisted that he was a Tibetan high lama. He claimed that in 1949 he had transmigrated into the willing body of Cyril Hoskin (born c. 1911) to perform his mission in life. Hoskin had already changed his name in 1948 by deed poll to Dr Carl KuanSuo, on the lama's telepathic suggestion, and this surname was later shortened to Kuan. Rampa's detailed recollections of Tibet and China, his wealth of knowledge about the occult arts and his disarming sincerity led many readers to believe in his authenticity.

Rampa's critics claimed that he was a Cornish plumber's son named Cyril Hoskin, and they were vociferous in their condemnation of the author—so much so that his first book about Tibet, *The Third Eye*, came to be considered one of the greatest literary hoaxes of all time. The critics included Tibetan and oriental scholars, many media representatives and members of the Tibetan community in exile, including many famous personalities.

Published in 1956, *The Third Eye* is the autobiography of a young Tibetan noble, Tuesday Lobsang Rampa, who was sent to a medical lamasery at the age of seven. At Chakpori he was taught medicine, religion, the martial arts and the innermost secrets of Tibetan esoteric science. His awesome psychic powers were facilitated by an operation called "the opening of the third eye", which stimulated the psychic centre of the brain. His patron was the Thirteenth Dalai Lama. Rampa witnessed many marvels such as extraterrestrial mummies and yetis.

Despite the critics, Rampa clung on tenaciously, writing his books and continually proclaiming his innocence and authenticity. After his death, his books were relegated to the New Age fringe and were shamelessly plagiarised by other authors. By the 1990s, Lobsang Rampa occupied a full page of *The Guinness Book of Fakes, Frauds & Forgeries* (Newnham, 1991) and most of his books were out of print.

The Internet has brought together many of Rampa's loyal readers who had benefited from his teachings on the mystical arts and affirmations of the afterlife. The new millennium has revealed Rampa's silent influence in such esoteric fields as ufology, astral projection, aura photography, alternative history and the immortality of the human spirit. His positive image of Tibet has been instrumental in garnering support for this beleaguered land and introducing Buddhism to Westerners. Ironically, *The Third Eye* remains the most popular book about Tibet ever written.

Lobsang Rampa's personal motto was "I lit a candle". In commemoration of the 50th anniversary of *The Third Eye*, it is time to rekindle the flame of knowledge that Rampa first lit in 1955 when he started his writing. Overall, Rampa's true identity is irrelevant, as it is his knowledge that lives on. It is time to recognise Lobsang Rampa for what he was: a true mystic and trailblazer of the New Age.

LOBSANG RAMPA'S CHARACTER

Lobsang Rampa was a unique individual with many extraordinary attributes. In some ways he was a man of contradictions. He was a celibate monk who had a devoted wife, an intensely private man who wrote extensively about his life, a self-professed Tibetan who had no contact with the Tibetan community, and a Buddhist who practised many Western occult arts.

Rampa was cursed by ill health. He suffered from coronary thrombosis, diabetes, arthritis and paraplegia inherited from his host. His hearing was progressively failing as a result of war injuries, and his eyesight became poorer with age. Although he often came across as grumpy in his later years, he never lost his wicked sense of humour and keen wit.

Rampa was a generous man who had little interest in material possessions. Over the years he gave a colour television away to a stranger, a wheelchair to an injured policeman and a house full of furniture to newlyweds. Friends and acquaintances often received expensive gifts which they were unable to return without insulting him. During his lifetime, he personally answered many thousands of letters from his admirers, usually bearing the cost of postage himself. He had a sincere desire to help people.

On the other hand, Rampa had a quick temper and often showed impatience towards selfish and shallow people. He was not one to suffer fools gladly. Over the years, he managed to antagonise feminists, teenagers, Catholics, Western doctors, communists and the Tibetan government in exile. However, his greatest venom was reserved for journalists and literary critics, whom he despised.

Undoubtedly, Lobsang Rampa was a gifted psychic and clairvoyant. He was able to see auras with ease, predict the future and judge a person's character with great accuracy. He could use a crystal ball, cast horoscopes, read palms and project his consciousness beyond his body. His knowledge of Western and Eastern occultism was astonishing. Rampa also had the uncanny ability to communicate with his cats telepathically, as his French-language publisher Alain Stanké testified.

Rampa possessed many other talents, apart from his writing and psychic abilities. He was a keen photographer who produced many splendid photos. Machines of all descriptions purred in his presence, and he was able to fix almost any mechanical problem. Despite his failing eyesight and arthritic hands, he was a master craftsman who created miniature ships, trains and cars. He was also very interested in amateur radio, including short wave.

Lobsang Rampa was a friendly but reserved man who had been forced into seclusion by ill health, public curiosity and media harassment. Wheelchair bound in his later years, Rampa rarely ventured out in public, as the curiosity and enthusiasm of the crowds became unbearable for him. He never attended groups or gave lectures, believing that people progressed spiritually when they studied and meditated in solitude.

Rampa shied away from the media, accusing them of misquoting and harassing him. During his writing career, he allowed only three journalists to interview him or his wife. The first occurred in 1958 while he was bedridden with thrombosis, and the resulting article was so libellous that he was forced to issue a taped rebuttal from his sick bed. After being savaged by a Canadian

journalist in 1965, he vowed never to speak again to the press. However, he did allow his friend, agent and publisher Alain Stanké, to interview and film him in Montreal, although he safeguarded himself by recording the whole interview in his book *Candlelight* (1974). Unfortunately, his refusal to cooperate with the media merely fanned the flames of press and public curiosity. They often followed him relentlessly, spied on him, manufactured interviews and called him a liar and a fake.

Rampa was a devoted and loyal husband to his wife Sarah, who unquestionably believed him to be a true Master. He was a loving and kind father to his adopted daughter Sheelagh Rouse (who joined them as a young, recently separated family friend) as well as his beloved Siamese cats. He paid tribute to his friends Hy Mendelsohn, John Bigras, John Henderson, Valeria Sorock, Mrs O'Grady, Pat Loftus and others in several of his books. Rampa devoted many books to the questions from his loyal readers and continued to promote the Tibetan cause, even though he received no acknowledgement from the Tibetan community.

Fortunately, Rampa never lost his focus. He believed that he had been sent to the West in order to develop an aura camera and a diagnostic device to eradicate disease. His secondary mission was to reveal Tibet's esoteric heritage to the West so that the

Western nations would want to rescue his beleaguered country. Even though he did not accomplish his mission, Rampa did enlighten the world with his teachings, which deserve to be re-examined in the new millennium.

This book is dedicated to examining his legacy and promoting the work of a man who believed implicitly that he was a Tibetan lama who transmigrated into the body of an Englishman to fulfil his destiny.

IMPACT OF THE THIRD EYE

In 1955, Sheelagh Rouse's husband John Rouse wrote a letter of introduction on behalf of Dr Carl Kuan to Charles Gibbs-Smith of the Victoria and Albert Museum, in the hope that he could recommend him for employment. Impressed by the doctor's personality, Gibbs-Smith sent him to Cyrus Brooks, a literary agent of A. M. Heath Publishers. Dr Kuan, possessing a "certificate of considerable elaboration stating that he held degrees in both medicine and surgery from the University of Chungking" (Warburg, p. 221), wanted to find work writing advertising material for medical supplies. Brooks, however, was far more interested in Dr Kuan's recollections as a lama and persuaded him to write his autobiography. On the edge of destitution, Kuan reluctantly sat down and started typing *The Third Eye* under the pen name of T. Lobsang Rampa.

Brooks approached Frederic Warburg of the respected publishers Secker and Warburg, asking if he would be interested in an autobiography of a Tibetan lama. Warburg expressed interest, and the following day received 100 pages of flimsy yellow typescript. "My excitement was intense; I read it greedily," he recalled. "It had everything it takes to become the world best-seller it is today... But other doubts were there..." (*Daily Express*, 3 February 1958) Years later in his memoirs, Warburg recalled: "From the beginning there emanated from Dr Kuan's masterpiece a magical aroma of enchantment. The book was literally bewitching. It cast a spell over me. In the months

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and years to come, it was to cast this spell with an equal potency over millions of readers." (Warburg, p. 222)

Before meeting the mysterious Dr Kuan, Warburg received the rather discouraging news that the manuscript had been rejected by other firms such as Gollancz, Robert Hale and William Collins. Mark Bonham-Carter of Collins showed an "unimaginative scepticism for the author's credentials". (Warburg, p. 223) However, the American publishing house E. P. Dutton accepted the manuscript and signed an agreement for it with a big advance.

Secker and Warburg also signed a contract with Dr Kuan and paid an advance of 800 pounds, divided into increments. Warburg then arranged to meet the enigmatic doctor. His staff were in a flurry of excitement as they tried to spruce themselves up for the occasion! Warburg was impressed with the author. "I took a real fancy to him. Short, slim, dark hair cut into a tonsure, penetrating eyes, aquiline nose, simply dressed in a lounge suit, he was a most unusual figure..." Years later, his description included "...a long nose and full mouth, a swarthy face with prominent ears. Nothing remarkable, nothing which I could wholly associate with what I knew of Tibetan physiognomy. But the eyes were strange, large, luminous, penetrating, under heavy lids and heavy bushy eyebrows. Between the eyes, slightly to the left of centre, a small purplish-red mark could be seen, almost the size of a collar button, the scar no doubt of that remarkable incision." (Warburg, p. 225)

Eventually *The Third Eye* was finished and Elliott Macrae of E. P. Dutton sent the manuscript to 20 critics, some with reputations as "Far Eastern experts". Their reviews were puzzling and contradictory: what one claimed was impossible was accepted by another. Agehananda Bharati, a German anthropologist (a.k.a. Leopold Fischer) who had converted to Hinduism, wrote scathingly: "I was suspicious before I opened the wrapper; *The Third Eye* smacked of Blavatskian hogwash." ("The Persistence of Rampaism", *Tibet Society Bulletin*, vol. 7, 1974)

Warburg sent the galleys to Heinrich Harrer, an Austrian Tibetologist, to read and informed him that the author was probably a fraud. Harrer had lived in Tibet during and after World War II and had been the current Dalai Lama's personal tutor in Lhasa. His book *Seven Years in Tibet* had been published in 1953 and was a bestseller. In 1997 it was turned into a movie, with Brad Pitt playing the Austrian mountaineer who had been captured by the British in India before escaping to Tibet with fellow mountaineer Peter Aufschnaiter.

Macrae also sent the manuscript to Hugh Richardson, who had served in the British mission in Lhasa during the 1930s and 1940s. Richardson was fluent in both written and oral Tibetan and had lectured at many academic institutions. He reviewed the manuscript and returned it with some minor corrections which were eventually incorporated into the final version. These concerned the number of earrings worn by Tibetan nobles and the improbability of Rampa's father being an ecclesiastic. He offered

the opinion that the book was "a fake built from published works and embellished by a fertile imagination". (Lopez, p. 96)

Other contacts in America were ambivalent in their criticism. While they recognised many inaccuracies in the manuscript, one believed that the author may have come from one of the outlying provinces of Tibet. Another, orientalist John Morris, wrote: "This is a curious mixture of fact and fancy. The descriptions of Lhasa and of Tibetan family life are completely authentic...there is not the slightest doubt that he was brought up in Tibet from an early age... I think there is, however, an element of truth about the author's life in a lamasery, but I feel he has embroidered it..." However, his review took a curious and disturbing turn when he reported: "My own opinion is that the author is some sort of psychopath living in a private neurotic world of his own. It is even likely that he has persuaded himself that all this occult nonsense is true..." (Warburg, p. 235)

British oriental scholars David Snellgrove and Marco Pallis, a practising Buddhist, were also critical. Snellgrove's language was highly emotive. "This fellow is a complete imposter, and has probably never ever been to Tibet... He should be properly unmasked, as such men may be dangerous." (Warburg, p. 234) The word "dangerous" was echoed by critic Chen Chi Chang, who had lectured in Tibetan Tantra at Nanking University. It is a surprising and disquieting adjective, hinting that perhaps Rampa had divulged secret knowledge taught only to initiates and adepts. How else could *The Third Eye* be considered as dangerous?

Warburg's doubts became overwhelming and he sent for Dr Kuan, accusing him of being a fake. The doctor adamantly denied being a fraud, even when Warburg offered to publish the book as fiction. "Playing the role of cross-examining counsel with a difficult witness, I gave the reasons why I did not believe he could speak or write Tibetan. The reasons were irrefutable. Dr Kuan admitted this. 'When I was

captured by the Japanese,' he said, 'they tortured me for secret information about my country. I put a hypnotic block on my knowledge of Tibetan and have never fully recovered my native tongue.'"

Warburg was in a quandary. The criticisms were so contradictory. A few weeks later he cancelled the contract and demanded the advance from Dr Kuan, receiving a sad response: "I am leaving England today—a very sick man indeed. What any of you think of the book does not matter to me now. I wrote the TRUTH." (Warburg, p. 235) On the other hand, *The Third Eye* was so plausible and "so full of information which many experts confirmed". And there was the company's reputation at stake. He reconsidered his decision and decided to publish and be damned, covering himself with a publisher's foreword.

The Third Eye was published in November 1956, and, after a slow start, sales snowballed. Edition followed edition rapidly. It was quickly translated into German, French and Norwegian. In the first year it sold over 60,000 copies, netting the author over £20,000 in royalties.

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Dr Kuan/Rampa, however, suffered his first attack of coronary thrombosis at that time and was strongly advised to leave London for a better climate. With his wife Sarah and Sheelagh Rouse, he moved to Ireland because of its lower taxation. After living in the grounds of Trinity College, the family settled into a rented house overlooking the sea in Howth, near Dublin. The author found peace and happiness amongst the Irish who were both friendly and protective. However, the author's ill health and a constant stream of sightseers to their rented property caused considerable problems and anxiety to the family.

The critics, with the exception of the "Far Eastern experts" who had originally reviewed the manuscript, were generally positive. The old guard of Tibetan and Asian scholars, composed of Richardson, Harrer, Snellgrove and Pallis, were icy in their reviews.

Richardson's review, "Imaginary Tibet", published in the *Daily Telegraph and Morning Post* on 30 November 1956, began as follows:

"A book which plays up to public eagerness to hear about 'mysterious' Tibet has the advantage that few people have the experience to refute it. But anyone who has lived in Tibet will feel after reading a few pages of *The Third Eye* that its author T. Lobsang Rampa is certainly not a Tibetan... There are innumerable inaccuracies about Tibetan life and manners which give the impression of Western suburbia playing charades.

"The samples of Tibetan language betray ignorance of both colloquial and literary forms, there is a series of wholly un-Tibetan obsessions with cruelty, fuss and bustle, and, strangely, with cats. Moreover, the turn of phrase in the slick colloquial English is quite unconvincing when attributed to a Tibetan writer..."

David Snellgrove, of London University, wrote his review for the magazine *Oriental Art* (Summer 1957). He began with "[t]his is a shameless book" and then launched into all the inaccuracies portrayed in *The Third Eye*. He criticised Rampa's descriptions of Buddhism, the scriptures, mathematics and Tibetan language.

"Pallis declared the book to be a wild fabrication and a libel on both Tibet and its religion. Harrer denounced the book in a scathing review, occasioning a threat of a libel suit from the German publisher." (Lopez, p. 97)

Behind the scenes, however, Pallis, Harrer and Richardson were working diligently to dethrone Rampa from the best-seller list.

Meanwhile, journalist John Pitt of the *Psychic Times* tracked down neighbours of the Kuans who could still recall Cyril Hoskin over 10 years after he had moved from the district. Mrs Ablett from Weybridge remembered him as "...full of strange stories about China where he had been taken as a child. He had been

very interested in occult matters, would cast horoscopes for all and sundry and was generally a good conversationalist, if a bit inclined to tell contradictory stories about his past." Mr Boxall recalled, "He told me in 1943 or '44 that he had been a flying instructor in the Chinese air force and badly smashed up in a plane crash when the parachute failed to open." Mr Sutton of East Moseley met Hoskin in 1948 after he had changed his name, and recalled that he was describing himself as Dr Kuan and saying he was born in Tibet, which surprised Mr Sutton. (Evans)

When *The Third Eye* was reprinted it contained a "statement by the author" which began thus: "In the east it is commonly

acknowledged that the stronger mind can take possession of another body." He ended with: "I state most definitely that my books *The Third Eye* and *Medical Lama* are true. (Signed) T. Lobsang Rampa" (Lopez, pp. 100-101)

This account was followed by one from his wife Sarah, who wrote of how her husband had completely changed after suffering a concussion, and how he had in fact assumed the identity of a Tibetan lama. "When I discussed an event in the past he would have no recollection of it. Instead he spoke of life in a lamasery, or his experiences in the war, prison camp life or Japanese tortures. Since 1949 his whole makeup and manner have been those of an easterner, and his general appearance and colouring have also shown marked change."

The second edition of *The Third Eye* in 1964 contained a foreword ending with this statement: "My specific reason

for insisting that all this is true is that in the near future other people like me will appear, and I do not desire that they should have the suffering that I have had through spite and hatred."

Kenneth Rayner Johnson, in his essay "The Strange Case of Lobsang Rampa" in *Rapid Eye 2*, said he believed that Rampa obtained the bulk of his material from Harrer's *Seven Years in Tibet* which had furnished lots of detail about Lhasa, its people, terrain and culture. He felt Rampa had stolen his Tibetan-sounding names from the Dalai Lama, whose birth name was Lhamo Dondup and whose brother was Lobsang Samten. However, this did not account for the other names Rampa used nor the fact that Lobsang and Dondup were common Tibetan names.

In 1997, Heinrich Harrer himself became the victim of the press when *Die Stern* exposed him as a former member of the Nazi Party and SS. When his inglorious past was revealed during the shooting of the movie *Seven Years in Tibet*, the author at first indignantly denied it, admitting to it only after documentary evidence was produced. Both he and the Dalai Lama were forced to make emergency revisions to the script, while the Tibetan leader tried to deflect public attention from Harrer. In 1998, Harrer publicly expressed regret for his Nazi affiliations, leaving the public



A photograph of Cyril Hoskin before the 1949 transmigration. (Source: <http://users.uniserve.com/~dharris/Rampa/Album/photographs.htm>)

to wonder how much influence he might have had upon the impressionable teenage Dalai Lama when he was his tutor in the 1940s.

In 1999, both Heinrich Harrer and Hugh Richardson responded to my enquiries about Rampa, his sources and their "exposé" of him. Both were still very opposed to Rampa and his books and believed that he had copied other authors and invented much of his material. However, Richardson did concede that Rampa had correctly reproduced the Prophecy in *The Third Eye* from the Waddell original (*Lhasa and Its Mysteries*), while Harrer wrote that "[a]ll he copied was correct, but not his visions".

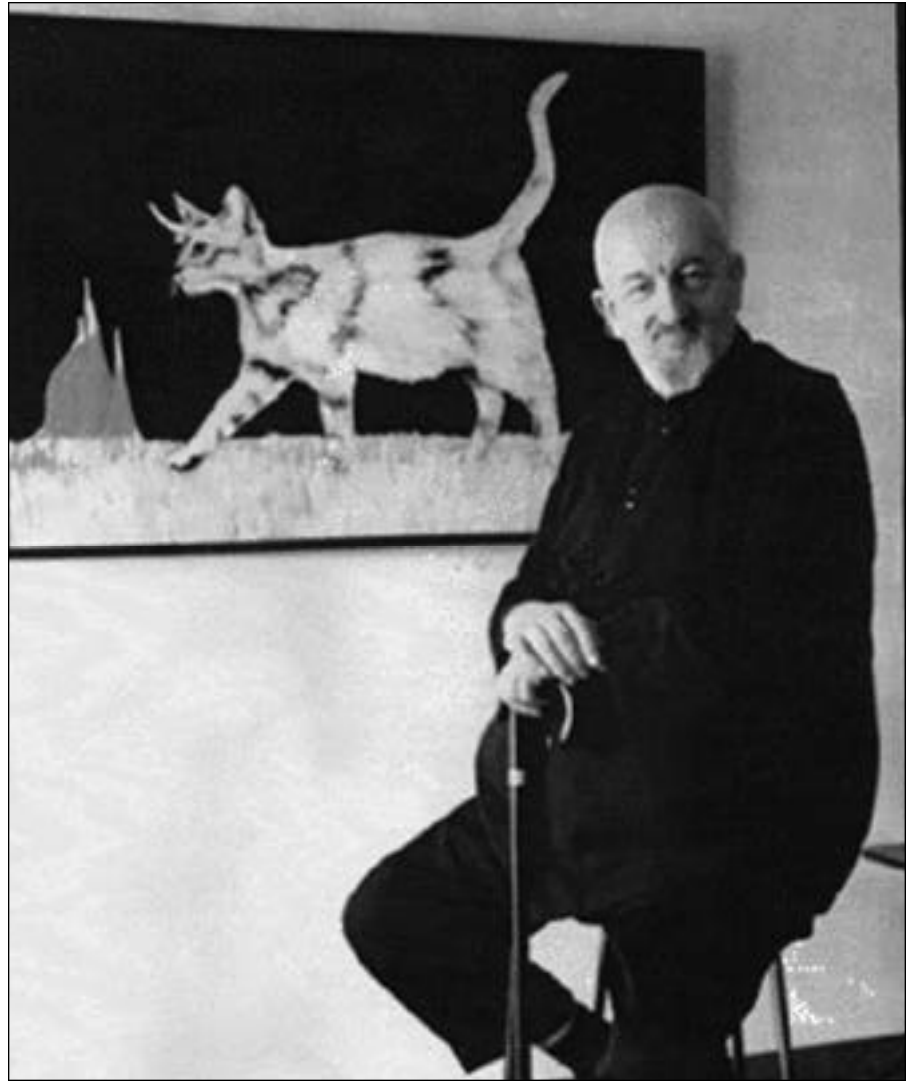
Criticisms by Richardson, Harrer, Pallis and Snellgrove ensured that *The Third Eye* and subsequent Rampa books would never be endorsed as authentic autobiographical documents by the Tibetan and Buddhist establishments. But is it so simple to dismiss the highly detailed accounts of life in Tibet and China? Even Rampa's most strident critics grudgingly acknowledged that much of his information was correct, although they justified this by accusing him of plagiarism.

ANTEDILUVIAN CIVILISATIONS

The hidden history of Tibet and, indeed, the world, was revealed in great detail by Rampa in such books as *The Third Eye* (1956), *Doctor from Lhasa* (1958), *Cave of the Ancients* (1963), *The Hermit* (1972), *As It Was* (1976) and *Tibetan Sage* (1980). It was engraved in strange symbols upon the wall of a cave beneath the Potala and preserved in hidden repositories throughout Tibet. This history was known only to an elite circle of lamas who had passed through secret stages of initiation.

Rampa and his Guide journeyed deep inside the Potala mountain, through long caverns and secret doors, until they came to a strange star chart engraved upon the walls of a cave. His Guide pointed to the symbols "of giants and machines so strange as to be utterly beyond my comprehension" (*The Third Eye*, p. 90) and began a lecture which Rampa transcribed in the chapter "When the Earth was Young" of the book *Doctor from Lhasa* (originally titled *Medical Lama*). It was a story of truly epic proportions covering millions of years. Many aeons ago, the Earth revolved much closer to the Sun and in the opposite direction. A twin planet revolved nearby. As the days were much shorter, the people seemed to live for hundreds of years; and as the force of gravity was much weaker, people and animals grew to large proportions.

The humans were supervised by a group of benevolent extraterrestrials, the "Gardeners of the Earth", who swept across the skies in their gleaming vehicles, the "chariots of the gods". These physical and intellectual giants eventually fought horrendous wars amongst themselves, causing devastation to the Earth colony. One group let off a super-bomb which knocked the Earth out of its orbit and towards a collision course with the twin planet. Before the collision, the supermen forgot their quarrels



T. Lobsang Rampa relaxing at home. He reportedly could communicate telepathically with his cats. (Source: <http://users.uniserve.com/~dharris/Rampa/Album/photographs.htm>)

and abandoned the Earth to its fate. Very few people survived the cataclysms on land and sea, as huge tsunamis covered many cities built by the super-race. Hundreds of volcanoes belched lava and poisonous gases, blanketing the sky with black clouds. When the uproar died down and the clouds dispersed, the survivors were horrified to see that the Sun seemed to be receding, and it now moved from east to west, rather than from west to east as it had before. The Moon, which appeared in the sky as a product of the collision, caused huge tides to rise and inundate the coastlines.

Eventually the Earth settled down into its new orbit and the days became twice as long. Ice ages developed, while pockets of humanity clung to life in various regions of the world. As the centuries passed, they settled down into villages. Once again, civilisation began to develop. Using the records left by the super-race which were now appearing from the crumbling lava rocks, great technological advances were made, cities were built and vehicles sailed across the skies.

Once more, different factions quarrelled and, unfortunately once more, lethal weapons were deployed. Biological and nuclear warfare devastated whole races of people. A few wise priests, fearing for the future, engraved their history upon golden plates and set up time capsules in a few isolated areas upon the Earth. As they had feared, a new super-weapon was exploded into the

stratosphere, destroying all trace of their civilisation. Earthquakes and tsunamis once again racked the world, and Tibet, which had been a low-lying seaside resort for the super-race, was elevated by tectonic forces in only a few minutes. It was in Tibet that the far-seeing priests had hidden their time capsules in a great cave and forgotten city enclosed in a glacier in the Chang Tang Highlands. The survivors were plunged back into the Stone Age and eventually forgot about the lost "Golden Age".

During his final initiation, Rampa came face to face with the gilded mummies of the extraterrestrial super-race beneath the Potala. Three aged abbots led him to an ebony crypt with strange symbols along its sides, and spoke of the gods who came from the skies before the mountains came. He stared in awe at the three gigantic nude figures: a female 10 feet long, and two males over 15 feet long. Each had a large and conical head, a narrow jaw and thin-lipped mouth. The nose was long and thin, and the eyes were straight and deeply recessed.

As part of his initiation, he had to meditate for three days in the tomb while his spirit soared back in time. He had visions of giants gambolling in the warm waters of a Tibetan lake when suddenly a cataclysmic earthquake and massive tsunami inundated the great city. As tectonic forces sent the area soaring thousands of metres, the lake froze, preserving the great city in a huge glacier.

With a small party of monks, Rampa visited this ancient city hidden in a secret valley in the Chang Tang Highlands to the north of Tibet and described it in *Doctor from Lhasa*. His Guide explained in an awed voice: "Half a million years ago this was the home to the gods... This was a pleasant seaside resort in which lived scientists of a different race and type. They came from another place altogether...but through their experiments they brought calamity upon the earth, and they fled the scene of their disaster leaving the ordinary people of earth behind... Through their experiments the sea rose up and froze." (p. 185)

To reach the city, they crawled across the inhospitable highlands until they found a cleft in a rock, leading to a plain about five miles across. "We found a mighty city, half of it exposed in the hot air of the hidden valley, and the other half buried in the clear ice of a glacier... That part of the city which had thawed out was almost intact. The still air, the absence of wind, had saved the buildings from damage by attrition. We walked along the streets, the first people to tread those streets for thousands of years... We saw many skeletons, petrified skeletons, then we realised that here was a dead city. There were many fantastic devices which indicated that this hidden valley had once been the home of a civilisation far greater than any now upon the face of the earth. It proved conclusively that we were now as savages compared to the people of that bygone age." (*DFL*, author's foreword)

Rampa was also fortunate enough to visit a second time capsule hidden in the mountains of Tibet, which had been discovered by a group of monks. After crawling inside a cavern, they discovered

a massive hall which contained working models of ancient technology and the history of a vanished race. His Guide told him that there were other time capsules, with an identical one in South America "concealed by the peoples of old so that their artefacts would be found by a later generation when the time was ready". (*Cave of the Ancients*, p. 85)

Rampa's fourth book is devoted to the Tibetan cave and his visit. Before describing his journey, he warned: "The communists are now in Tibet, so the location of the Cave of the Ancients is deliberately being concealed, for the cave is a very real place indeed, and possession of the artefacts there would permit the communists to conquer the world... It is in a secret place, complete with references and sketches, and noted on paper so that when the time comes, forces of freedom can find the place." (*ibid.*)

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The expedition consisted of seven people, including Lobsang, who had to travel for weeks to reach the cave. They discovered glowing blue lights illuminating a huge, almost inaccessible cave which contained many strange machines and devices, some in actual working condition. A huge sphinx crouched against a wall. The monks found a recording device which showed them scenes of the lost civilisation: strange creatures which wandered the planet, winged vehicles that traversed the skies, animals and humans communicating telepathically. Dissentions arose; priests ranted about their own kind of salvation, while scientists developed more and more lethal weapons. A few priests, fearful for the future, decided to inaugurate this cave so that later generations could learn from their technology. Other chambers were built in Egypt, South America and Siberia, each spot marked by a sphinx. The war escalated and the wise men decided to seal the Cave of the Ancients, their farewell speech telling any future discoverer that mankind was about to destroy itself. They said: "Within these vaults are stored such records of our achievements and follies as may benefit those of a future race who have the intelligence to discover it, and,

having discovered it, be able to understand it."

The picture faded and the lamas went into a trance to consult the Akashic records to determine the fate of the capsule. They saw the cave being sealed by a huge crane a few months before a massive bomb sent the Earth reeling on its axis. Great quakes and tsunamis destroyed every vestige of this advanced civilisation and left only a few terrified survivors huddling inside caves to propagate the human race.

In *Feeding the Flame* (1971), Rampa wrote more about the buried time capsules and what they contained. A huge chamber beneath the Egyptian sands "is an absolute museum of artefacts which existed tens of thousands of years ago". These capsules contained antigravitic aircraft, where "the power of the motor is not expended in supporting the weight but is used just to propel the vehicle forward". "I will tell you quite truthfully that I have seen such aircraft." (*FTF*, p. 146) Antigravity was also used to move heavy objects, with a special device which could neutralise

any weight. Photography and television were highly developed, so that images could appear in 3-D. These artefacts would be discovered in future years "when there will be earthquakes which will really shake up the crust of the earth and these time capsules will be thrown up to the surface ready to be opened".

In *As it Was*, Rampa recounted a visit to another cave near Lhasa which contained engravings of people in strange garb with transparent globes on their heads. His Guide explained: "This is a very strange area. Thousands and thousands of years ago there was a mighty civilisation upon this earth. It was known as the time of Atlantis." (p. 74) Shelves built into the cave walls contained strange grooved discs about six feet in diameter, with an undulating wave on the surface and a hole in the centre. This description bears a remarkable resemblance to the so-called Dropa stones reputed to have been discovered in the Bayan Kara-Ula caves of the Tibetan-Chinese border in 1938. These stones, which have subsequently disappeared from Chinese museums, had a script which was allegedly deciphered by Professor Tsum Um Nui. His controversial translation told the story of a group of small, spindly extraterrestrials who crashed in the region 12,000 years ago. Some died, others were killed and a few intermarried with the local population, producing a race of short-statured people called the Dropa. Although this story was originally published in a Russian magazine, it was picked up by Erich von Däniken in his book *Gods from Outer Space* (1978).

Rampa's final book, *Tibetan Sage*, contained more details of the lost civilisation near Lhasa. He claimed that a mountain outside the capital was in reality a hollowed command centre for a rebel faction of aliens who had built it millions of years ago. This centre also kept human bodies in suspended animation, awaiting the transmigration of aliens to reanimate them. Their science and medicine were highly advanced. A special healing bath was able to rejuvenate the Lama Mingyar Dondup's injured legs, while an invisible force-field prevented food and other objects from succumbing to decay. Lobsang and his Guide studied the cave for a week and then departed, setting off booby traps to destroy all

evidence of the cave's existence.

Tibetan Sage told of numerous past civilisations which were known by the generic term of Atlantis. Some had excelled in genetic engineering and created man-beasts as domestics, such as the merfolk of legend. This book also spoke of sunken lands in the North and South Atlantic, near Japan and off the coast of Turkey.

Rampa's books revealed a remarkable consistency of detail about antediluvian civilisations, revelations which should be compared with both the archaeological record and esoteric doctrine. Throughout his books, Rampa stated that:

1. Tibet was the centre of an earlier civilisation when it was a low-lying land.
2. The earliest humans were extraterrestrial in origin, gigantic in stature and with conical heads.
3. Humans have been on this Earth for millions of years and there have been many antediluvian civilisations which reached a high level of technology.
4. These cultures were destroyed by atomic warfare or natural cataclysms such as earthquakes, tsunamis and pole shifts, often without warning.
5. Another planet once struck the Earth, spilling its ocean of petroleum onto our planet.
6. Atlantis is really only a generic name for lost civilisations. There were other lost civilisations in Lemuria and the Arctic.
7. Time capsules were buried by the ancients in Tibet, Egypt, South America and Siberia.
8. The pyramids and the Sphinx are symbols which point to lost civilisations. Pyramids were also beacons for extraterrestrial vehicles.
9. Some antediluvian civilisations abused genetic engineering to create amoral beasts and biological weapons.
10. An antediluvian purple race eventually became sterile because the culture became unbalanced by a radical matriarchy.

Continued next issue...

About the Author:

Karen Mutton (née Carfoot) graduated from the University of Sydney in 1981 with a BA and DipEd. She majored in English and ancient history, with a minor in physical anthropology (prehistory). She has travelled the world extensively and visited some of the most important archaeological sites on the planet such as Petra, Machu Picchu, Pagan (Burma), Copan and the Goreme Valley of Turkey.

Karen has a passion for ancient history, alternative medicine, geology and Earth changes as well as astronomy. She runs Yahoo! e-groups reflecting such interests: fringemedicine, weirdastronomy, aberrantarcheology and strange-earth.

Karen's interest in Lobsang Rampa goes back to her early teens when she read all his books. She corresponded with him briefly in 1972. She wrote her book *T. Lobsang Rampa: New Age Trailblazer* to counter all the negative

information circulating about Rampa on the internet and to reveal his influence on the New Age movement of the 1960s and 1970s. Karen believes Rampa was scorned because he revealed esoteric information which had been safeguarded by arcane schools of the West and East for centuries. She also thinks his books should be re-examined in the light of 21st-century knowledge.

T. Lobsang Rampa: New Age Trailblazer is currently being sold as an e-book on Karen Mutton's website, <http://www.tuesdaylobsangrampa.com>.

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USING SPACE WEAPONS AGAINST ET CIVILISATIONS

The United States government is pushing to deploy weapons in space, but with an alleged covert purpose to fight hostile extraterrestrials.

So how sound is this policy and why is there still no official disclosure on UFOs?

by Michael E. Salla, PhD

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Email:
drsalla@exopolitics.org

Websites:
<http://www.exopolitics.org>
<http://www.galacticdiplomacy.com>

A Profoundly Important Policy Question for Humanity

In one of its first major policy changes after coming into power in the United States in January 2001, the Bush administration signalled its intent to withdraw from the Anti-Ballistic Missile (ABM) Treaty with Russia. The ABM Treaty had been intended to prevent the deployment of weapons in space, and it enjoyed major international support since its ratification in 1972 by the Nixon administration.

In a May 2001 speech, President Bush argued that the 30-year-old ABM Treaty was outdated and that the US must formally move beyond its constraints to deal with new security threats: "We need a new framework that allows us to build missile defenses to counter the different threats of today's world. To do so, we must move beyond the constraints of the 30-year-old ABM Treaty. This treaty does not recognize the present, or point us to the future. It enshrines the past. No treaty that prevents us from addressing today's threats, that prohibits us from pursuing promising technology to defend ourselves, our friends and our allies, is in our interests or in the interests of world peace."¹

The Bush administration gave its formal notice to withdraw on December 13, 2001, and promptly withdrew six months later. The Bush administration thus formally embarked on realising some of the goals of the Strategic Defense Initiative (SDI) that had first been promoted by the Reagan administration in March 1983. Reagan had envisaged the development of space-based intercept systems that could be used to destroy large-scale ballistic missile attacks on the United States. Reagan's SDI floundered as the Cold War wound down and the Democrat-controlled US Congress aimed to use the anticipated "peace dividend" to improve social programs. Furthermore, many prominent scientists argued against the cost of developing SDI's futuristic weapons systems.

In July 1999, the Clinton administration passed the National Missile Defense Act, calling for a more limited anti-ballistic missile system: "It is the policy of the United States to deploy as soon as is technologically possible an effective National Missile Defense system capable of defending the territory of the United States against limited ballistic missile attack (whether accidental, unauthorized, or deliberate) with funding subject to the annual authorization of appropriations and the annual appropriation of funds for National Missile Defense."²

The Bush administration quickly moved towards formally deploying an anti-ballistic missile system as part of the National Missile Defense program.

In May 2005, the US Air Force formally requested permission from the Bush administration for a national security directive so that it could "secure space to protect the nation from attack". The request moved the Bush administration closer to approving the weaponisation of space and sparking an arms race in space with the USA's major strategic competitors, Russia and China.

Paul Hellyer and Opposition to the Weaponisation of Space

These developments towards deploying weapons in space received a surprising objection when The Honourable Paul Hellyer, a former Canadian defence minister, addressed a UFO conference in Toronto on September 25, 2005, on the weaponisation of space.³ He linked the deployment of space weapons not to possible ballistic missile attacks by rogue nations or terrorist groups, but as a means of targeting UFOs piloted by extraterrestrial visitors.

For the 82-year-old Hellyer, his speech reaffirmed his longstanding opposition to any governmental efforts to deploy weapons in space. While defence minister in the Lester

Pearson administration from 1963 to 1967, Hellyer had officially rebuffed initiatives from the Johnson administration to approve an anti-ballistic missile defence system. In a 2003 article he wrote: "It is almost 40 years since US secretary of defense Robert McNamara asked me if Canada would be interested in helping develop an anti-ballistic missile defense for North America. I was able to say, 'Thanks, but no thanks', which was the position of the Pearson government and one that I fully endorsed."⁴

During his 2005 speech, Hellyer also addressed the UFO phenomenon and described his time as minister for defence where the occasional UFO sighting report crossed his desk. He claims never to have had time for what he considered to be a "flight of fancy", but nevertheless retained an interest in the UFO phenomenon. While minister for defence, he was guest of honour at the opening of the world's first UFO landing pad at Alberta, Canada, in 1967. He thought it an innovative idea from a progressive Canadian community willing to pay for his helicopter ride, but did not give much thought to UFOs as having serious policy implications.

Hellyer's position on UFOs dramatically changed after watching the late Peter Jennings documentary special *Seeing Is Believing* in February 2005. Hellyer decided to read a book that had been idly sitting on his bookshelf for two years: *The Day After Roswell*, by the now-deceased Philip Corso (co-authored with William J. Birnes). It sparked intense interest for Hellyer in terms of its policy implications and Corso's distinguished service in the US Army and the Eisenhower administration. Corso, who had reached the rank of Lt Colonel, named real people, institutions and events that could be checked.

Intrigued by the policy implications, Hellyer decided to confirm whether Corso's book was real or a "work of fiction". He contacted a retired United States Air Force general and spoke to him directly to verify Corso's claims. The unnamed general simply said: "Every word is true and more."⁵ Hellyer then proceeded to discuss the "and more" with the general and claimed he

was told remarkable things concerning UFOs and the extraterrestrial hypothesis that interplanetary visitors have been here since at least 1947. Hellyer then privately asked a number of "officials", some occupying senior positions, about Corso and again received confirmation that Corso's claims were accurate.

Finally convinced that the UFO phenomenon was real, Hellyer decided to come forward and publicly speak about some of the "most profoundly important policy questions that must be addressed".⁶

Among the profound policy questions raised by Hellyer at the Toronto conference was the designation by the US military of visiting extraterrestrials as an "enemy". According to Hellyer, this had led to the development of "laser and particle guns to the point that they can be used against the visitors from space". It is this targeting of visiting extraterrestrials that concerns Hellyer, and he asked: "Is it wise to spend so much time and money to build weapon systems to rid the skies of alien visitors?" Hellyer poignantly raised the key policy question: "Are they really enemies or merely legitimate explorers from afar?"

Hellyer's key question has profound importance in understanding the relationship between visiting extraterrestrial civilisations and the recent effort to deploy weapons in space. Significantly, Hellyer's stated position on deploying weapons in space and opposition to the possible military targeting of extraterrestrials is in stark contrast to that of the man who initially convinced him of the reality of extraterrestrial visitors: Lt Colonel Philip Corso (Ret.).

Colonel Philip Corso's Support for the Strategic Defense Initiative and Weaponisation of Space

In *The Day After Roswell*, Corso declared that extraterrestrials were abducting civilians, violating US air space and destroying aircraft sent to intercept them. Corso viewed the extraterrestrials as a direct threat to US national security. He declared: "For over fifty years now, the war against UFOs has continued as we tried to defend ourselves against their intrusions."⁷

Elsewhere in *The Day After Roswell*, Corso described the national security threat posed by UFOs and the need for a military weaponisation program to target and shoot down UFOs conducting such violations. He specifically championed President Reagan's Strategic Defense Initiative. Corso believed that SDI was the appropriate response to extraterrestrial intrusions and that the USA and USSR both knew what SDI's true purpose was. "We [USA and USSR] both knew who the real targets of SDI were... It was the UFOs, alien spacecraft thinking themselves invulnerable and invisible as they soared around the edges of our atmosphere, swooping down at will to destroy our communications with EMP bursts, buzz our spacecraft, colonize our lunar surface, mutilate cattle in their own horrendous biological experiments, and even abduct human beings for their medical tests and hybridization of the species. And what was worse, we had to let them do it because we had no weapons to defend ourselves."⁸

A number of UFO researchers have claimed that these bellicose statements

towards extraterrestrial visitors were introduced by Corso's co-author William J. Birnes, and that Corso was not as anti-extraterrestrial as *The Day After Roswell* suggests. That is not accurate, as a reading of Corso's original notes makes clear. These were published in Italy and contain many similar statements revealing the depth of Corso's animosity towards visiting extraterrestrials.⁹ For example, in terms of violating US air space, Corso wrote: "They have violated our air space with impunity and even landed on our territory. Whether intentional or not, they have performed hostile acts. Our citizens have been abducted and killed."¹⁰

Corso went on to describe fully the nature of the interaction between extraterrestrial visitors and the general population: "The aliens have shown a callous indifference concerning their victims. Their behavior has been insidious and it appears they might be using our earth and manipulating earth life. Skeptics will excuse them that possibly they are benevolent and want to help; however, there is no evidence they have healed anyone or alleviated human ailments. On the other hand, they have caused pain, suffering and even death."¹¹

"Is it wise to spend so much time and money to build weapon systems to rid the skies of alien visitors?"

Corso here reveals the depth of his animosity towards extraterrestrials and the information he had received on their intrusive activities. His statements reveal that he had a sceptical view of the "benevolence" of visiting extraterrestrials. He endorsed comments such as General Douglas MacArthur's claim in 1955 that the "nations of the world will have to unite, for the next war will be an interplanetary war". In terms of cooperation between the USA and Russia (the former USSR) to deal with the extraterrestrials, Corso wrote: "The US and USSR are aligning their space programs against a common enemy."¹²

Consequently, it can be concluded that there is no ambiguity in Corso's belief that extraterrestrials are a genuine threat to US national security and that the weaponisation of space is an urgent policy priority to deal with the "extraterrestrial enemy". If alive today, Corso would no doubt be a strong supporter of the current US Air Force plans to weaponise space and build a global defence shield that could target extraterrestrial visitors. In short, Corso consistently demonstrated strong support for military solutions to the presence of visiting extraterrestrials that, in his view, were performing abductions and other "intrusive activities" that posed a direct threat to US national security.

Do ETs Pose a National Security and Global Threat?

The question that can now be raised is whether extraterrestrials do genuinely pose a national security threat to the USA or, more generally, a threat to the Earth. This question is made very complex by the amount of conflicting data on the extraterrestrial presence from a variety of whistleblower and witness sources whose testimonies are more difficult to verify when compared to the case of the highly decorated Corso. Answering such a policy question requires first that one understand the nature of the "national security threat" posed by extraterrestrials. Second, one needs to identify any groups of extraterrestrials that may be performing intrusive actions that fall into the category of "threat". Finally, one has to identify extraterrestrials performing non-intrusive activities that do not appear to be a threat to the national security of the USA or other countries.

There have been many rumours that the United States has entered into agreements with extraterrestrial races. For example, there is considerable circumstantial and testimonial evidence pointing to the active involvement of President Eisenhower in meeting with and reaching agreements with extraterrestrial races.¹³ Corso, who served in the Eisenhower administration, alluded to such agreements in various passages in *The Day After Roswell*. For example, he wrote: "We had negotiated a kind of surrender with them [extraterrestrials] as long as we couldn't fight them. They dictated the terms because they knew what we most feared was disclosure."¹⁴

There has been an ever-growing number of alleged whistleblowers describing the various agreements reached with extraterrestrials, direct evidence of which they saw during their participation in projects or assignments with the highest possible security classifications. These agreements allegedly involved the exchange of technology or information by extraterrestrials in exchange for the right to establish bases on US territory. The existence of such bases is explicitly revealed by Corso in his private notes.

After describing the various intrusive activities performed by the extraterrestrials, Corso went on to make the following startling claim: "The above are acts of war which we would not tolerate from any worldly source. It also appears they do not tolerate any such acts on our parts on their bases."¹⁵ The implication here is that the extraterrestrials have bases, likely on US territory as alleged by other whistleblowers, and the US government was powerless to monitor these bases fully.

Extraterrestrials that have entered into these agreements or "negotiated surrender", as Corso claims, have performed activities in the form of abductions, genetic experiments and aerial activities that lead to great suspicion as to their ultimate agenda. Corso repeatedly pointed out that such intrusive actions amounted to an act of war and justified a concerted military response by US authorities.

It needs to be pointed out that prior to these alleged agreements, most human-extraterrestrial interactions appeared to be of the benevolent "space brother" category that emerged in the 1950s.¹⁶ Individual "contactees" claimed to have been exposed to a variety of positive extraterrestrial experiences that inspired a rapid growth of public interest in the benevolent "space brothers". There is reason to believe that the abduction phenomenon that emerged into public consciousness with the famous Betty and Barney Hill case in 1961 was a direct result of alleged agreements reached with extraterrestrials. That is not to say that negative experiences with extraterrestrials or "abductions" didn't happen before the agreements, but that the agreements enabled these abductions to increase at a rate which went far beyond whatever government authorities originally approved.

The Secret Government, MJ-12 and Classified Agreements with Extraterrestrials

The government authority that would be responsible for making the alleged covert agreements is generally known by UFO researchers as "Majestic-12", "Majic-12" or the "MJ-12 Group". Documentary evidence for the existence of such a secret organisation emerged in 1987 with the discovery of a memo from



President Eisenhower's Special Assistant, Robert Cutler, to General Nathan Twining. The memo referred to a scheduled meeting for July 16, 1954, and to the "MJ-12 Special Studies Project". The memo was found in the National Archives and has been shown to be genuine.¹⁷ In another document "leaked" to UFO researchers and known as the "Eisenhower Briefing Document", Majestic-12 is described as having operational control of the UFO phenomenon. "Operation Majestic-12 is a Top Secret Research and Development/Intelligence operation responsible directly and only to the President of the United States. Operations of the project are carried out under control of the Majestic-12 (Majic-12) Group which was established by special classified executive order of President Truman on September 24, 1947."¹⁸

The briefing document remains controversial, but exhaustive archival analysis by researchers strongly points to its authenticity.¹⁹ It lists 12 prominent military officials and national security experts as its members, among whom included Gordon Gray who occupied a number of senior defence positions including secretary to the army under President Truman from 1949 to 1950. He was later President Eisenhower's special assistant for national security (1958–61).

Significantly, Gray was appointed by President Truman to be the first director of the Psychological Strategy Board (PSB), established in 1951 and declared to be part of the CIA. In 1953, the PSB was replaced by the more powerful Operations Coordinating Board (OCB).

It is worth going into detail on the history and activities of both these organisations, since they are related to management of the UFO phenomenon. Furthermore, each organisation involved Colonel Corso, a military intelligence specialist in various covert operations while serving in the Eisenhower administration. It is likely that service on these boards gave Corso the background information that formed his developed views on extraterrestrials and support for the weaponisation of space.

The Psychological Strategy Board (PSB) was created "under the NSC [National Security Council] to coordinate government-wide psychological warfare strategy" and it reported to the NSC.²⁰ The PSB was formally succeeded by the Operations Coordinating Board established by Executive Order 10483 on September 2, 1953, with the following charter: "...the Operations Coordinating Board shall (1) Whenever the President shall hereafter so direct, advise the agencies concerned as to...the execution of each security action or project so that it shall make its full contribution to the attainment of national security objective views and to the particular climate of opinion the United States is seeking to achieve in the world..."

Initially, the OCB was based at the State Department and while formally authorised to report to the National Security Council and implement NSC decisions, it was formally independent of the NSC. On February 25, 1957, Executive Order 10700 formally incorporated the OCB into the NSC, which meant the NSC had greater oversight and control of the OCB. The OCB was

officially "abolished" by President Kennedy with Executive Order 10920 on February 18, 1961, which revoked Executive Order 10700.

Both the Psychological Strategy Board and the Operations Coordinating Board were interagency committees that were responsible for covert operations under the Truman and Eisenhower administrations. Both the PSB and OCB specialised in psychological warfare through the use of propaganda, mass media and disinformation. These would prove to be the very tools used to deny or ridicule the UFO phenomenon in the United States, and suggest that both the PSB and OCB played a key role in this area.

There has been speculation that the OCB played a critical role in managing the UFO phenomenon and that it secretly continues to play this role, though with another name.²¹ Corso's original notes provide evidence supporting this UFO management role

played by both the PSB and the OCB. According to his military records, Corso was assigned to both the Psychological Strategy Board and Operations Coordinating Board when serving with the Eisenhower administration from 1953 to 1956. Corso received numerous security clearances, some of which gave him access to UFO information. In his original notes, Corso wrote: "During my military career at one time or another I counted nine clearances above 'Top Secret' granted to me. These included cryptographic, satellite, code and intercept, special operational clearances and the 'Eyes Only' category of special White House (NSC) matters. They made available to me all matter within the government which included 'UFO' information."²²

Consequently, Corso's service on both the PSB and OCB and his access to UFO-related information is evidence that both these bodies played critical roles in managing the UFO phenomenon through covert psychological operations. Furthermore, the OCB was not abolished by Kennedy in 1961 as generally thought, since the revoking of Executive Order 10700 effectively made the OCB independent of the NSC.

Executive Order 10920 only removed the OCB out of the control and scrutiny of the Kennedy administration. This made the OCB once again an independent interagency governmental organisation with significant power through the covert psychological programs it managed, and an important implementing mechanism for the even more mysterious Majestic-12.

Due to their clandestine nature and unaccountable status, Majestic-12 and covert organisations such as the Operations Coordinating Board that manage UFO affairs are referred to as the "secret government". President Clinton, when asked by famed *Washington Post* correspondent Sarah McClendon [now deceased] why he didn't do more to have the truth about UFOs disclosed, allegedly confided: "Sarah, there's a secret government within the government, and I don't control it."²³ The "secret government" is the government within the government that controls and makes policy decisions over how to deal with extraterrestrials—whether they constitute a "threat" or not—and develops agreements with some extraterrestrial civilisations.

**President Clinton,
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The "Internal" versus "External" Security Threat by Visiting Extraterrestrials

There is intense debate over whether extraterrestrials—commonly described as "Grays" from the Zeta Reticuli star system—involved in abductions and other intrusive activities, as outlined by Corso, have a covert "take-over" agenda. Researchers such as Dr David Jacobs (author of *The Threat*) believe the Grays have a covert plan to take over human society by engineering a superior hybrid race. On the other hand, researchers such as [the late] Dr John Mack (author of *Passport to the Cosmos*) believe the star visitors have a "transformative" agenda designed to blend together the best characteristics of extraterrestrials and humans. While this is an important debate, it glosses over one of the key features of the extraterrestrial presence: classified agreements between extraterrestrials and the "secret government". In considering the "transformative" versus "take-over" debate, it is vital to consider all the data and come up with a nuanced response that takes into account different extraterrestrial races performing various activities. Visiting extraterrestrials need to be distinguished on the basis of their being either inside or outside the secret network of agreements reached with the "secret government".²⁴

The key policy issue is not whether we should establish communication with extraterrestrials to resolve differences that lead to confrontations over the number of abductions or other intrusive activities reported by Corso and others, but the precise nature of the agreements reached with extraterrestrials and how these are conducted in a covert and unaccountable manner. As far as the abduction phenomenon is concerned, it is very likely that these abductions have been made possible by, or accelerated as a result of, covert agreements by secret government authorities with one or more extraterrestrial civilisations. Consequently, the national security threat posed by extraterrestrials is a covert one that exists through the classified agreements established by the secret government with some extraterrestrial races.

The motivations of extraterrestrials that have entered into these agreements are very questionable and give considerable cause for suspicion as to their overall intent. Certainly, the great number of abductions that have occurred gives rise to the "take-over" scenario promoted by Dr Jacobs and other researchers. Once one considers the vast secret infrastructure created to develop extraterrestrial technologies, and the illicit funding required, it becomes clear that the national security threat posed by extraterrestrials is *internal* rather than external.²⁵ Corso's depiction of extraterrestrials as an external military threat to the United States is therefore not accurate.

Extraterrestrials that have entered into agreements with secret government authorities are complicit in the creation of a national security system based on secrecy, unaccountability and illicit funding. This directly threatens US national security both in terms of a covert take-over by extraterrestrials and an erosion of the constitutional principles upon which the US is based. The real national security threat posed by some extraterrestrial visitors is a result of the desire of the secret government to acquire and develop extraterrestrial technologies at any cost, even if it means giving permission to a limited number of abductions and other intrusive actions.

On the other hand, extraterrestrials that have not entered into such technology exchange agreements with secret government authorities have behaved in ways that display great respect towards individuals they have contacted. This is evidenced in the extensive number of "contactee" or "space brother" reports from the 1950s right up to today. These extraterrestrials that typically look human in appearance reflect great respect for human free will and follow what appears to be a clear directive of non-interference in human affairs. Extraterrestrials that are trying to assist humanity, as described by these alleged contactees, are secretly being targeted by space weapons in order to capture their technology or the EBEs themselves. This also includes Grays from Zeta Reticuli who are involved in abductions and have reached agreements with the secret government. It appears that the relationship between the Grays and the "secret government" is a complex one: some whistleblowers report on military confrontations between them in terms of the extent to which either or both have violated the provisions of their secret agreements.²⁶

In short, what has emerged over the last 50 years or so is the creation of an "extraterrestrial enemy" that justifies the development and deployment of space weapons, according to Corso and other military officials.

Conclusion: The Use of Space Weapons is an Inappropriate Policy for Extraterrestrial Visitors

With regard to the deployment of space weapons, the deliberate targeting of extraterrestrial visitors needs to be exposed. This requires legislative officials in the US and elsewhere to be briefed so that a more appropriate policy response can be developed. There is a need to put a halt to the current US policy of targeting extraterrestrial vehicles through the deployment of space-based and other

advanced weapon systems. As Hellyer pointed out in his September 2005 speech: "Are they really enemies or merely legitimate explorers from afar?"

What makes this policy issue complex from the perspective of whistleblowers such as Corso—who is representative of many military officials briefed about the extraterrestrial presence—is that they believe that the weaponisation of space is appropriate. This policy is justified, in the view of Corso and other military officials, on the basis of the intrusive activities of extraterrestrials.

The abduction phenomenon and related intrusive activities need to be understood in terms of the highly classified agreements reached between the "secret government" and extraterrestrials. It should be pointed out that it does not appear that military officials such as Corso were briefed about *friendly* extraterrestrials and their non-intrusive activities. Instead, Corso was given information on abduction-related activities and other extraterrestrial intrusions that led to the psychological framework for the creation of "enemy images". This process is described by Sam Keen in *Faces of the Enemy*, which clearly outlines how the creation of enemy images has been a vital aspect of fighting successful wars.²⁷ In short, what has emerged over the last 50 years or so is the creation of an "extraterrestrial enemy" that justifies the development and deployment of space weapons, according to Corso and other military officials.

This takes us to the warnings of Dr Carol Rosin, a former spokeswoman for Dr Werner von Braun, about a contrived extraterrestrial threat being the basis of a public disclosure of the extraterrestrial presence.²⁸ Such a contrived threat would direct public perceptions towards regarding extraterrestrials as unfriendly

and a security threat. A more nuanced assessment based on the internal versus external "threat" posed by extraterrestrials is needed.

Consequently, in response to the profound policy question raised by Hellyer of whether weaponisation of space is an appropriate policy response to the extraterrestrial visitors, the answer is "No". There is no need for a military response to the extraterrestrial visitors. It is clear that extraterrestrials who pose a credible "national security threat" do so by virtue of their involvement in a series of secret agreements that make possible a covert take-over of the vast infrastructure of extraterrestrial-related projects that exist in the US and other countries. This covert extraterrestrial threat requires not a military solution but a *political* solution: public disclosure of the extraterrestrial presence.

With public disclosure, there can be the necessary transparency and accountability to ensure that any technology exchange agreements with extraterrestrials are conducted in a responsible way and do not make human society prone to a covert "take-over" by extraterrestrials. It is very likely that the abduction phenomenon would cease to be a problem once transparency and accountability were brought into play. Extraterrestrial visitors performing such activities could be closely monitored and persuaded from continuing any activities that violated individual human rights. "Persuasive mechanisms" would come in a variety of ways: rigorous public debate over extraterrestrial activities, educating extraterrestrials about human rights standards, and the anticipated support of many extraterrestrial civilisations in monitoring and countering violations by other extraterrestrials.

The Honourable Paul Hellyer has called for urgent public debate over the appropriateness of current military policies directed towards extraterrestrial visitors. The current policy of weaponising space and targeting extraterrestrial vehicles, as was advocated by Lt Colonel Corso, is supported by many former and current military officials who are "in the loop" about the

extraterrestrial visitors. The development and use of space-based weapons against extraterrestrial visitors will be shown to be a poor policy choice once the true history of "secret government" and extraterrestrial agreements is revealed.

As a former defence minister, Paul Hellyer is very familiar with the importance of policy questions concerning the use of military weapons in resolving international political problems. He is to be congratulated for bringing to the public's attention the "profoundly important policy questions that must be addressed" with regard to the weaponisation of space and the alleged targeting of extraterrestrial visitors.

Author's Note:

The Hon. Paul Hellyer is scheduled to attend the Extraterrestrial Civilizations and World Peace Conference, to be held on the Big Island of Hawai'i on June 9-11, 2006, where issues raised in this paper will be discussed. For further details on the conference and speakers, see <http://www.etworldpeace.com>.

About the Author:

Dr Michael E. Salla has held academic appointments in the School of International Service, American University, Washington, DC (1996-2001), and at the Department of Political Science, Australian National University, Canberra, Australia (1994-96). He taught as an adjunct faculty member at George Washington University, Washington, DC, in 2002. He has a PhD in Government from the University of Queensland, Australia, and an MA in Philosophy from the University of Melbourne, Australia.

Dr Salla's February 2003 article, "An Exopolitical Perspective on the Pre-emptive US-led War against Iraq", was published in NEXUS 10/03. His book *Exopolitics: Political Implications of the Extraterrestrial Presence* (Dandelion Books, 2004) was reviewed in NEXUS 11/05. His interview on Charles Hall and the Tall White Extraterrestrials was published in NEXUS 12/02.

For more information, email Dr Salla at drsalla@exopolitics.org or visit his websites at <http://www.exopolitics.org> and <http://www.galacticdiplomacy.com>.

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MIRACLES DO HAPPEN

by Shelley Yates © 2005

In November 2002 in Halifax, Canada, my son and I drowned in a flooded marsh. I was "dead" for 15 minutes. I was told by beings of light how to save myself and my small son. And I was given a message on how to heal the Earth.

My son and I were travelling to a friend's house for an afternoon of play when disaster hit. My car was swept into a flooded marsh after hydroplaning. The car landed upside down in this boggy marsh and sank to the bottom. I tried to open the car's windows, but the power windows failed and we were trapped inside. I spoke with my tiny son, who was four at the time, and assured him that mommy would get him out.

The car was filling up quickly with the cold murky water and I held my son's coat tightly in my hand while I waited to be fully submerged. I hoped that I could open the door after the car equalised with water and we would swim out. My final words to my little boy as the water came over his head were "Hold your breath, honey; mommy will have us out soon". I watched him take a large gulp of the remaining air, and the water took him.

When I felt the last air pocket escape the car, I tried the door. It wouldn't

budge! The other door was equally stuck. I struggled with the doors several times to no avail. We were trapped and going to die.

At this point I took Evan's little body and pushed it over the seat, hoping beyond hope that he would find air. As I struggled to free us from this coffin on wheels, I realised I had to breathe. As I drank the deep breath of water into my lungs, the fiery feeling added panic to the moment. I wanted my baby back and I swung my arms feverishly about in an effort to find his body. I couldn't, and I needed to breathe again.

That was when I heard a voice—a calm, majestic voice—directing me to relax. This voice cooed in my ear, reassuring me that all would be well. I was infused with the knowledge that if I fought the water, my rescuers would not be able to revive me when they arrived. The voice said that if I fought the water I would drown. "No shit," I thought. "I get a wise-ass ghost on my deathbed."

The voice continued to give me instructions about what was to happen, and that all would be well if I just followed the instructions. I relinquished myself to this voice from beyond, and passed quietly to the other side.

While on the other side, I saw beings of light who once again assured me that my

son and I would not only get out of this car but we would both be fine. They were definite in explaining that I must follow instructions implicitly and not lose faith in their words. I was told to have faith, that I would be divinely directed—and I was.

It took my rescuers 15 minutes to pull my lifeless body from that car, and another seven minutes of CPR to revive me. As my body bolted upright, I blurted "Get my baby out of the car". Twenty-two minutes had passed. The rescuers jumped back into the freezing bog to retrieve my son, knowing against hope that he was dead. It took rescuers another five minutes or so to get my boy free from that car. His limp body was transported to the IWK Children's Hospital, where he was immediately hooked to every machine known to mankind.

The team of emergency doctors and neurologists was waiting for me. They assured me that my sweet little boy was indeed brain dead and, in addition to this, his internal organs were full of blood. He was haemorrhaging throughout his body and his organs were nonviable. Things were the most bleak I have ever known. That was when the voice came to me again. "Have faith, child."

The doctors advised me to unplug my baby and let him pass peacefully, for even

THE TWILIGHT ZONE

if a miracle happened and he did live, he would be a vegetable. "No quality of life" is all I remember thinking.

Once again I heard the voice. "Have faith." At that moment, the doctors agreed to keep Evan on life support, but advised me not to hold out any hope. He had less than one per cent chance of living, and then he would continue to be hooked to all these machines for the rest of his life. I had no God, so I could not even call for guidance.

It was in the quiet of my first moment alone that I was given the directive. "Follow the instructions implicitly." Memories of the visions and the voice in the lake flooded back to me. There was someone there with me, I was sure of it, and I decided to listen carefully.

I was instructed to rebuild my son's aura by infusing his little body with the auras of others. Twenty minutes at a time was one of the first rules: if it was longer, you would drain the aura of the giver. They instructed me to parade loving people through Evan's room, each depositing their own energy field into his lifeless body.

They were to do this by connecting their flesh to his flesh and allowing their energy to run through his body, and then to give Evan their "gift". If they sang, they were to sing; if they were storytellers, they were to tell a story, and so on. "Infuse him with positive energy and your love and your talents, and this will revive him."

I proceeded against hospital protocol to send loving humans into my son's room every half-hour. They then followed the instructions and gave their gift of love. This procession lasted 24 hours a day for three days. Dozens and dozens of people came. They "camped out" every day and every night—loving, trusting souls infusing his lifeless body with fresh energy. The fact that I was able to convince the hospital to allow this unorthodox behaviour to happen was a miracle in itself, but on the third day, after 72 hours of constant vigil, my boy opened his little eyes and recognised me. He was back!

The doctors were baffled. They continued to tell me that he would never walk or talk or be a normal child again. However, their words this time had no effect on me. The guidance and direction from my spiritual light beings had proved to me beyond a shadow of a doubt that he would be fine—after all, my "friend" in the lake had told me so.

Within the first week, Evan had recovered all his body functions, and by the end of the second week he was running down the halls to the hospital playroom. This was indeed an incredible miracle. What had I done to deserve such a reprieve by our Almighty Creator? I didn't know, nor did I care.

I wanted to take my son home and be done with the whole nightmare. This was when I realised that I might be done with my light friends but they were not done with me.

A Message for Humanity

I continued to hear the voices and be directed with both visions and seeing auras. Needless to say, I was more than a little freaked out. As time passed I would ask, "What do you want of me?" They would speak of the love for the universe and how things have gone terribly wrong. Humanity has spiralled out of control and has lost its true connection to God and to this Earth.

They want desperately for me to give the humans of this world a message from "beyond", that we have inside of us the power to unite this planet as one race with peace and prosperity for all. This power lies inside us all, and, when combined with the loving energy of other humans, we can do for this planet what we did for my son. We can revive this Earth and catapult it into healing. With this healing will come a new phase of humanity. We will have a time of peace and harmony. All it will take is our intention as a united group, and one hour of our time.

So as the voices and visions unravelled, I was given the guidance on how to make all this happen. However, it will take many of us on this planet to see to the success of the project. Just as they told me to rotate the humans through my son's room, they told me to unite humanity from every corner of the globe. Not every human, just representatives from every corner. We can do this. We need to unite enough people to fire the divine energy system of this planet and jump-start it like we did with my boy.

This global project of loving intention is completely possible. Your intention to make it happen can change the outcome of this planet.

I invite you to join us when we fire the Earth grid on July 17, 2007, and add your energy to this project. Just one hour of your time can help heal this planet and help create peace among all people.

My son and I are examples of the power of positive energy and what humans are truly capable of when they unite with the intention of love. Love is the universal language of our world and the world beyond.

Light and love be with you, and welcome to the next phase of humanity. Be part of the excitement and please join us. (Source: <http://www.firethegrid.com/eng/eng-home-fr.htm>; email the author at syates@eastlink.ca)



"I'll have some battery acid in a tall glass and, while I'm waiting, give me a packet of ball bearings."

TIBETAN AND INDIAN MONKS STILL PRACTISE LEVITATION

Gods in oriental mythology had a special ability: they could fly. Legends and records say that ancient levitators were able to rise above the ground up to 90 centimetres. However, ordinary mortals could master the unique art of flying, too. For example, Indian Brahmans, yogis, hermits and fakirs could rise and float in the air.

There is a chapter in the Vedas on levitation—guidelines of sorts on how to reach a state required for taking off the ground. Unfortunately, the meaning of many ancient Indic words and concepts has been irretrievably lost over the last few centuries and therefore the invaluable instructions cannot be translated into modern languages.

As regards the ancient levitators, records at hand say they did not lift off to impress onlookers; they simply wanted to assume the most suitable position for performing religious rites.

The art of levitation is still practised in India and Tibet, and many scholars engaged in oriental studies have mentioned the phenomenon of "flying lamas".

British explorer Alexandra David-Néel one day witnessed the flight of a Buddhist monk a few dozen metres above the alpine plateau of Chang Tang. He was bouncing off the ground like a tennis ball to rise in the air again and again. The monk kept his eyes on some guiding star hanging somewhere in the distance, and he was the only person who could see the star in broad daylight.

Europeans have long been aware of levitation, too. However, there was one big difference between Eastern and Western mediaeval levitators. Unlike the Brahmans, yogis and lamas, the monks in Europe never took any special training for levitational purposes. They would just rise in the air after reaching a state of ultimate religious ecstasy.

Famous Levitators in the West

According to trustworthy records, Saint Teresa, a Carmelite nun, was one of the first levitators of the Middle Ages. Her flight was seen by 230 Catholic priests. The nun wrote about her unusual "gift" in her autobiography dated 1565. It is quite noteworthy that Saint Teresa herself did not want to fly. She spent long hours praying desperately, in an attempt to get rid of

her special power. She was asking the Lord to relieve her of that grace. One night, the Almighty finally heard the nun's prayer—and after that, she did not fly again.

Josef Desa used to be the most famous "flying man". He was born into a devout family in southern Italy. From the time he was a boy, Josef was a very religious person prone to inflicting all kinds of torture upon himself in order to experience a state of religious ecstasy. Later he joined the Franciscans. He would get really ecstatic at times and rise in the air.

On a visit to Rome, Josef was granted an audience with Pope Urban VIII. Josef got as excited as one could be, and could not help rising in the air. He floated right before the pope's eyes. The head of the Order of St Francis eventually brought Josef back to earth.

Scientists observed more than a hundred cases of Josef's levitation and put down their comments in the official records. However, the Catholics were thought to be embarrassed by Josef's flights. As a result, in 1653 Josef was sent to an out-of-the-way monastery. Three months later, he was transferred to another monastery, and then to another one... Wherever he appeared, the news about the "miracle man" spread like wildfire. People from the neighbouring towns and villages stood outside the monastery walls waiting for a miracle. Finally, Josef was transferred to a monastery in Osimo, where he died in the autumn of 1663. He was canonised four years later.

Daniel Douglas Home [pronounced Hume] was the most famous levitator of the 19th century. His first flight was described by the editor of an American newspaper:

"All of a sudden Home began

lifting off and all the people in the room got completely surprised. I could see his legs floating about a foot above the ground. Home apparently could not speak as he had a twinge going from top to toe after the clash of fear and rapture in his mind. He went down some time later, and rose up again. He went up to the ceiling during a third ascent."

Home learned to levitate of his own free will later on. He showed his outstanding ability to thousands of spectators including such celebrities as William Makepeace Thackeray and Mark Twain, Napoleon III, politicians, doctors and scientists of note. Home has never been accused of hoaxing an audience.

There is a lot of controversy regarding the physical nature of levitation. Some researchers say that it is a product of the biogravitational field created by a special kind of mental energy emitted by the human brain. Doctor of biological sciences Alexander Dubrov is a supporter of this hypothesis. Dr Dubrov points out that the biogravitational field is deliberately created by a levitator and therefore the latter can control the field and change the direction of a flight.

(Source: Pravda, November 9, 2005, http://english.pravda.ru/science/19/94/378/16433_levitation.html)



"That's my personal GPS ... my God Pointing System."



REVIEWS

BOOKS

Reviewed by Ruth Parnell

MIRACLE HEALING

by Harald W. Tietze

Harald W. Tietze Publishing, Bermagui, NSW, Australia, 2005

ISBN 1-876173-505 (173pp tpb)

Availability: Harald W. Tietze Publishing Pty Ltd, tel +61 (0)2 6493 4552, website <http://www.wise-mens-web.com>

Australian-based Harald Tietze is a prolific writer and publisher of books on do-it-yourself healing as well as a popular speaker. We've reviewed several of his titles before, covering urine therapy, papaya, kombucha and Earth energies. In his latest, he tackles "miracle healing"—the sort that the medical establishment doesn't accept and generally cares not to examine.

Much of his focus here is on the power of the mind—positive thinking—to effect the healing of diverse diseases. Having a positive mental attitude is also helpful in combination with herbal and homoeopathic treatments, vibrational healing and preventive medicine. Tietze looks at the traditional healing methods of the Australian Aborigines utilising telepathy, spiritual healing, flower power and even eating iron-rich clay from termite mounds; these have a long and successful history predating the arrival of "white man's medicine".

Tietze recounts many cases where urine therapy has healed ailments from allergies and cancers to menopausal symptoms and severe wounds. He also revisits health problems caused by Earth radiation and discusses various alternative therapies such as intuitive healing, laughter, prayer, faith healing,

hypnosis and hands-on healing. He gives tips on how to access the subconscious mind to assist in healing and changing bad habits, and how to use muscle testing (kinesiology) to diagnose imbalances and tailor-make individual treatments.

Tietze presents his facts, case histories and personal anecdotes in a charming, folksy way, making his book accessible for anyone who wants to be easily informed about what they can do for their own health.

JESUS GOES TO HOLLYWOOD: The Alternative Theories About Christ by William Bramley

Dahlin & Associates, Modesto, CA, 2005

ISBN 0-9755636-0-2 (339pp hc)

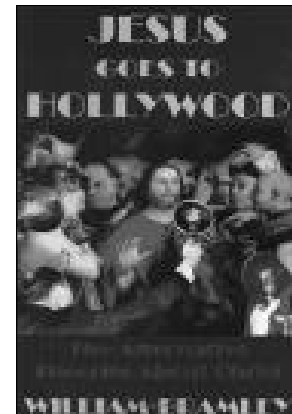
Availability: Dahlin & Associates, PO Box 578688, Modesto, CA 9537-8688, USA, email coolgeyser@aol.com

In his new book, William Bramley (author of the UFO/conspiracy best-seller *The Gods of Eden*) conducts an investigation into Jesus Christ and the range of theories about his life and works that can be supported by some facts or evidence. Behind Bramley's determination to explore this subject is his belief that "Humanity needs to grow up spiritually" in a world where religion is a force for both good and ill, and to do this "we need to gain a better understanding of who our religious founders really were, what they actually taught, and why".

While not examining the works of theologian Barbara Thiering and historian Laurence Gardner—"they involve complex explanations that are best explored by consulting those writings directly"—he has compiled all sorts of provocative and popular theories: including that Jesus never existed, that he was a metaphor for a sacred

hallucinogenic mushroom cult, that he was an Essene, a Buddhist, a Druid, that Jesus was a black man or a redhead, that he married Mary Magdalene and had children, that he was gay, and that he was an "ancient astronaut" who turned up on other continents. Bramley offers commentary both for and against each theory, but largely leaves it to readers to decide for themselves on the validity of the evidence.

Introducing each chapter is a section of Bramley's fictional story about a man who might be Jesus Christ, returning for his so-called Second Coming and being hunted by a Hollywood agent keen on representing him—thus the book's title, *Jesus Goes to Hollywood*. In the appendix, Bramley discusses the Second Coming prophecies in the context of "today's climate of Rapture fever", and points to the Gospel of Luke where Jesus was referring to his return while his apostles were still alive. This is a well-researched compilation that offers alternative views to spark the imagination in these post-*Da Vinci Code* days.



REVIEWS



CONSCIOUSNESS, INTENT AND THE STRUCTURE OF THE UNIVERSE

by Jeffrey Keen

Trafford Pub., Victoria, BC, Canada, 2005
ISBN 1-4120-4512-6 (313pp tpb)

Availability: Trafford Publishing, <http://www.trafford.com/robots/04-2320.html>

In his quest to explain how dowsing works, British physicist and businessman Jeffrey Keen turns to science to explore the underlying principles that link consciousness and perception with universal energy fields. He comes up with a speculative qualitative model to describe the structure of the universe and the information field.

Every object, whether animate or inanimate, has an energy field, and in the first part of his book Keen focuses on measuring the dowsable energy fields related to tangible natural objects. Such objects, including stones, crystals, water bodies, plants, animals and humans, lend themselves to experimentation under controlled laboratory conditions. The kind of scientific measurement he utilises can be applied in repeatable experiments and involves fundamental concepts like mass, dimensions, range, pressure, rotation and field interaction.

In the second part, Keen turns his attention to measuring dowsable ley lines, ancient megalithic sites, auras, fields emitted by all life-forms and the creation of dowsable fields by the action of the brain, whether via thinking or visualisation processes.

Keen develops a number of laws based on 30 principles. For example, principle 19 relates to the field strength of dowsable fields, which is proportional to the mass and composition of the source. Likewise, the field strength of dowsable fields is proportional to the maximum range of the dows-

able field. He gives the example of hard igneous rocks having high dowsable field strength, and posits that Stone Age man clearly understood all these phenomena.

With plenty of tables, graphs and equations, Keen expands his case for the structure of the universe being linked to multidimensional geometry. Furthermore, he suggests that what we perceive in our attempts to understand the universe and consciousness is a subset of the information field that is triggered by the intent of what we are seeking. A paradigm-shifting study.

THE GEOMETRY OF THE SUN GOD

by Keith Squires

Paeon Books, Chelmsford, UK, 2005

ISBN 0-9548489-0-X (308pp tpb)

Availability: Paeon Books,
<http://www.paeanbooks.com>

The ancient Greeks were relative newcomers in their understanding of geometry, for the principles were well known to earlier cultures going back thousands of years to pre-megalithic times and certainly well before the rise of dynastic Egypt. In *The Geometry of the Sun God*, Keith Squires examines similarities between Stonehenge in Wessex, England, and the pyramids of Giza, Egypt, and concludes that the builders of both these widely separated megaliths utilised the mathematics of the square root of three. He progresses his thesis by suggesting that such geometrical principles were at the core of their religions. And while Stonehenge may have had a lunar orientation initially, he says, it was reconfigured for Sun God worship.

As well as providing detailed mathematical surveys of Stonehenge and the pyramids, Squires presents an overview of the pre-

megalithic or mesolithic world that developed following the end of the last ice age. He discusses such theories as geographic dispersal and cultural diffusion, taking into account the archaeological evidence from a number of cultures and religious sects. Post-ice-age melting, the occasional great flood as well as cosmic catastrophes played their parts in the movements of populations.

Squires covers competing theories about the purposes of the megalithic monuments, whether astronomical, mathematical or religious, or all of these and more. The existence of ancient trade routes helped the sharing of knowledge, and he concludes that the Stonehenge builders influenced the pyramid constructors—not the other way around.

Along the way, Squires lashes out at blinkered archaeologists who have little appreciation for the sophisticated knowledge of proportion and geometry that was so obviously understood by the ancients and encoded in their monuments, measurements and religious belief systems. An interesting reappraisal of ancient blueprints.





REVIEWS

THE ORACLE:

A Day by Day Book of Wisdom by Michael J. Roads

Roadsight Pty Ltd, Nambour, Qld, 2005
ISBN 0-9758476-0-0 (386pp hc)
Availability: Roadsight P/L, PO Box 778,
Nambour Qld 4560, Australia, email
roadsway@bigpond.com, website
http://www.michaelroads.com

Home truths with a capital T abound in this book of aphorisms by spiritual change agent Michael J. Roads. It's so named after a joking interaction between Michael and his brother Christopher, who coined "The Oracle" moniker. This was a year after Michael's life-changing experience of timelessness, of "continuity of Self", that launched a thousand talks on the speaking circuit of life, not to mention visionary books such as *Journey into Nature* and *Into a Timeless Realm* (reviewed in 2/05, 3/03).

Michael J. Roads (yes, our editor's dad) is committed to helping in the mastery of daily life, and to assist us on our path he has come up with snippets of wisdom for every day of the year as well as a timely thought to introduce each month. The entry for the day I write this review, January 13, is: "When you trust Self, negative probabilities are released while positive probabilities are empowered". So far, so good! Below this aphorism, as with all throughout the book, is further explanation—in this case, a paradox: that you must trust Self before you can make a real choice to trust. Roads says the book is meant to be inspirational, even catalytic, opening up the reader in "a subtle caring way" with less resistance from the subconscious programming of self denial. A common theme is that anything you want to change has to be *lived* to be actualised.

JASON, MY INDIGO CHILD:

Raising a Multidimensional Star Child in a Changing World

by Ann Andrews

Wild Flower Press, Columbus, NC, 2005
ISBN 1-930724-09-8 (297pp tpb)
Availability: Wild Flower Press, website
http://www.5thworld.com

One of the unusual phenomena of our times is the arrival into our world of so-called "indigo" or "star" children, who may be spiritually advanced but seem to hold the hopes of many supporters that they're here to help humanity progress to the next level in our evolution. (See our *Twilight Zone* report last issue on a Russian indigo boy.)

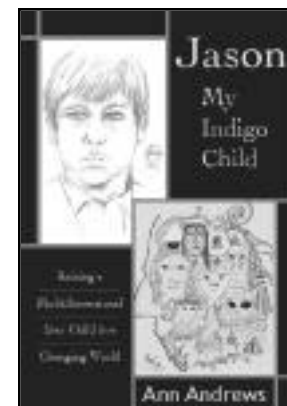
This book presents the story of one of these special children, Jason Andrews, who is now 21 years old. It is written by his mother, Ann Andrews, who wrote her first book, *Abducted*, in 1998 to document the 12 years of paranormal experiences that she and her family went through before accepting that Jason had been an alien abductee from an early age (Ann also claims to be a multiple abductee). The strange experiences—and, in more recent years, the black helicopter visits—continue to this day. At 18, Jason revealed to his parents that he is a "walk-in" who entered the body of their human baby who died at birth, but then he adds that we're all "extraterrestrials"!

Living in the English countryside, Jason had terrible fears from his abduction experiences but by his early teens had come to realise his ET heritage. According to his mother, when he was four, Jason blurted out advanced mathematical terms and huge numbers in a trance-like state during a severe storm. In his boyhood he wrote pages of strange symbols, and as a young

teenager he could be heard conversing with a "visitor" in a language unknown to his parents (examples are not given).

Apparently Jason has advanced psychic abilities, being able to astral travel, teleport, heal and see into the future. He has a commitment to the unconditional love of the Universe, and says he often transports himself to accidents or situations involving mass deaths to conduct urgent healings or help souls find their way to the next dimensional existence. He says he assisted in the aftermath of the Twin Towers disaster (which he foresaw) and the Indian Ocean tsunami (which he believes was set off underwater by a bomb). In his own chapter in the book, Jason states that the Illuminati already have total control (as they did back in Atlantean days) and it's too late to stop them. Drastic Earth changes are inevitable, but we'll survive—even if we pass beyond the physical.

Andrews divulges her personal stories, hopes and fears in this unusual book. Sceptics, of course, would demand more supporting evidence for all these claims.



REVIEWS



THE BOOK OF THE SOUL: Rational Spirituality for the Twenty-first Century by Ian Lawton

Lawton Publishing, Southampton, 2004
ISBN 0-9549176-0-X (306pp tpb)
Availability: <http://www.ianlawton.com>

In our last issue we ran Ian Lawton's article "Past Lives, Future Lives and the Nature of Time". Lawton is the author of *Genesis Unveiled* (see NEXUS 10/01) and co-author of *Giza: The Truth* (7/01), and despite his track record he had to self-publish his latest work, *The Book of the Soul*, as his previous publisher (Virgin) wouldn't commit itself to a book about spirituality! This well-edited book has a wealth of mind-boggling information about the journey of the soul that is relevant to a wide readership.

Lawton was an atheist until something was triggered in him a few years ago that led him to research past life regression with himself as the subject. But it was his inherent scepticism that helped him develop the concept of "rational spirituality". It encompasses a logical, coherent approach to understanding the soul's journey, supported by scientific evidence, the work of many inspired psychotherapists and their willing subjects as well as by age-old traditions.

A broad purview is covered—from near-death experiences, past-life regressions, future-life progressions and children who remember their last lifetime, to karmic evolution, soul energy division and spirit possession. The sections on past-life reviews in the "interlife" period as well as life plans and choices are especially compelling, with Lawton's analysis of soul groups, the akashic library and etheric-level councils overseeing reviews of lifetimes and making

plans for the next ones. One amazing notion is that part of our soul energy, when we are in a present lifetime, is retained in the etheric realm to assist in interlife planning involving other souls with whom we may be sharing a journey which may not come to pass until a future time period!

Lawton's efforts are indeed commendable, not only in distilling the findings of a number of pioneers in the field but in fostering a worldview that establishes our reality beyond mere materialism and in offering guidelines for individual soul progress.

GNOSIS

by Philip Gardiner

Radikal Books, Underwood, UK, 2005
ISBN 1-9041260-4-9 (281pp tpb)

Availability: **Australia**—Gary Allen Book Distribution, tel (02) 9725 2933; **UK**—Gazelle Book Service, tel 01524 68765; <http://www.philipgardiner.net>

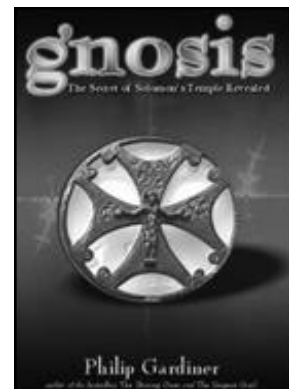
In his travels around the world exploring archetypal artefacts, myths and symbolism, Philip Gardiner has gained much insight into esoteric knowledge. In his previous book *The Serpent Grail* (co-authored with Gary Osborn; reviewed in NEXUS 12/06), he uncovered what he believes to be a serpent-based cult, traceable to ancient Sumeria and earlier cultures, which involved the consumption of a concoction of snake blood and venom.

In *Gnosis*, he explores the hidden truths at the heart of the serpent or snake cults, which are linked with magic and myth in almost every culture whether Australian Aboriginal, Ethiopian or Indian. In the latter especially, the concept of *kundalini*—the energy which travels up the spine via the seven chakras or energy centres, intertwined by the "energy

serpents" *ida* and *pingala*—is the secret to achieving enlightenment. It is the font of true knowledge, or gnosis, and Gardiner believes it has been at the core of secret societies through the ages, including the Knights Templar and Freemasons.

But how to achieve this gnosis? The traditions and rituals handed down by Masonry, for instance, are teaching devices aimed at the individual achieving enlightenment, but Gardiner argues that the Temple of Solomon—the First Temple—never existed as bricks and mortar. King Solomon and the Queen of Sheba were not real historical people but existed in an esoteric sense: their union represented a balance between male and female energies. The true Temple is built by *us* and is *us*, he concludes.

Backing up his argument, Gardiner refers to a number of other esoteric traditions including Hermeticism, Buddhism and Sufism, as well as the etymology of many languages which gives clues to the mystical secrets. The appendices include a detailed glossary of terms, a timeline of snake worship and photo images that support his case.





REVIEWS

T. LOBSANG RAMPA: NEW AGE TRAILBLAZER

by Karen Mutton

E-published by Karen Mutton © 2005

ISBN n/a (177pp, e-book)

Availability: Website <http://www.tuesdaylobsangrampa.com>

If Karen Mutton's e-book and two-part article commencing this issue are anything to go by, it's time to reconsider the writings of Tuesday Lobsang Rampa. In 1955 he penned the first of his 19 books, *The Third Eye*. He declared himself to be a Tibetan high lama who had transmigrated into the ailing body of the willing Cyril Hoskin, said to be the son of a Devonshire plumber.

In this reassessment of Rampa's influence, Karen Mutton analyses his body of work which helped "trailblaze" the way for a Buddhism revival and the birth of the New Age movement. His books opened up awareness of Tibetan spiritual and cultural traditions, as well as of horrors perpetrated by the Chinese Communists—many years before the world's media were reporting on them. Karen has also consulted people who knew Rampa, including his faithful secretary and companion Sheelagh Rouse, and utilised newspaper reports as well as memoirs from supporters and critics alike. In addition, she refers to several "unauthorised" works attributed to T. Lobsang Rampa.

The subject of "walk-ins" is almost commonplace these days, but Rampa seems to have been way ahead of his time in this regard. Although, as Karen explains, his writings were derided by oriental scholars as well as Tibetan religious leaders, they inspired a generation or two with accounts of subterranean cities, the Akashic records, advanced medical procedures, auras, yogic

breathing, ESP, reincarnation, UFOs, yetis, antediluvian civilisations, time capsules, journeys to Venus, cataclysms and more.

From her research, Karen concludes that Rampa probably was who he said he was. His descriptions of old Lhasa, for instance, were very accurate, as can be seen in the rare maps and photos included within. That so much of what he said and wrote cannot be proved means that Rampa is bound to stay mysterious. Yet his messages are now much clearer, thanks to this detailed study.

HEAVENLY LIGHTS

by Dr Joaquim Fernandes and Fina d'Armada

EcceNova Editions, Victoria, BC, 2005

ISBN 0-9735341-3-3 (264pp tpb)

Availability: EcceNova Editions, Canada,

tel +1 (250) 595 8401, website

<http://www.eccenova.com>

The famous apparition encountered at Fátima in Portugal in 1917 by three children tending sheep was unlikely that of the Virgin Mary, as is popularly believed, but a hologram of an alien beamed down from a hovering UFO. This is the conclusion of authors Dr Joaquim Fernandes and Fina d'Armada, two Portuguese historians who have been researching and writing about the Fátima incident since 1978 when they gained access to secret archives at the Sanctuary of Fátima. They've co-written three books, and this one, *Heavenly Lights*, was first published in Portuguese in 1995.

The authors go back to the eyewitness accounts and reports in local newspapers, and suggest that the apparitions and incredible phenomena have an extraterrestrial origin. Lúcia, the eldest of the three children, never said she saw "Our Lady", but a small,

beautiful young lady who communicated to her without speaking. The authors discuss the physical aspects reported from the first incident on 13 May to the last on 13 October 1917, including the lady's physical attributes and wardrobe, and lightning, buzzing, thunder, bizarre clouds, luminous objects, raining angel hair and odours associated with the incidents. They broaden their narrative with discussion of the similarities with phenomena reported in UFO/ET encounters.

A significant part of the book is devoted to the phenomena of "the Miracle of the Sun", which happened at the last "visitation" and was observed by 50,000 people. Yet, while most eyewitnesses believed they saw the Sun "dancing" in the sky, a small number of people said they saw a spinning silver disc hovering and moving about. The authors, who have done a statistical analysis of all the eyewitness reports, hope their book will encourage ufologists and religious researchers alike to re-examine the Fatima incident. While they don't go into the so-called "three secrets", they provide plenty that sheds light on this elusive mystery.



REVIEWS



THE YES MEN:

The True Story of the End of the World Trade Organization

by Andy Bichlbaum, Mike Bonanno and Bob Spunkmeyer

Penguin Group, 2005 (first published by The Disinformation Company Ltd, 2004)
ISBN 0-14-300487-5 (191pp tpb)
Availability: <http://www.penguin.com.au>



This hilariously subversive book documents the "identity correction" stunts of anti-corporate activists Andy Bichlbaum and Mike Bonanno who, having set up a hoax GATT/WTO website with their support team just prior to the 1999 Seattle "Ministerial", found themselves receiving and accepting invitations to mainstream conferences and prime-time interview spots as World Trade Organization spokespeople.

For the most part, whether in Austria, speaking before international trade lawyers, or in Finland at a textile trade globalisation conference, Andy and Mike—The Yes Men—conned their audiences with their outrageous pro-market-liberalisation speeches and antics. At the latter event, disguised as keynote speaker Dr Hank Hardy Unruh, Andy had his suit ripped off by Mike to reveal a gold lamé leotard—the so-called Management Leisure Suit comprising the computer-tipped Employee Visualization Appendage which he then inflated to its full phallic proportions. Its absurd purpose was for controlling workers by way of electrical impulses, but the audience barely batted an eyelid—although one woman did comment later that this "smart" textile had a tad too much male perspective. The photo sequences reproduced here have to be seen to be believed (there's also *The Yes Men* film, which would have to be a must-see).

In the final foray documented in these pages, The Yes Men took a different approach at a Certified Practising Accountants lunch in Sydney in May 2002. Andy spoke out about the injustices of the international marketplace and declared that the WTO was to be disbanded and replaced by the Trade Regulation Organization, with

its basis being the United Nations Charter of Human Rights. Most of the audience in fact welcomed hearing the hard-hitting facts, and a press release was distributed worldwide before the hoax was discovered.

The book features funky graphic treatments throughout, as well as an appendix with key resources for follow up. The Yes Men and their team encourage citizens around the world to stand up for human rights and democracy over global corporate tyrants. More power to them—and to us!

ORACLE OF THE ILLUMINATI

by William Henry

Adventures Unlimited Press, Illinois, 2005
ISBN 1-931882-52-5 (251pp tpb)
Availability: NEXUS offices; Adventures Unlimited, website <http://www.adventuresunlimitedpress.com>

In his follow-up book to *Cloak of the Illuminati* (see 11/03), investigative mythologist William Henry explores the secret codes, symbologies and stories of ancient civilisations such as the Egyptian, Sumerian and Assyrian that allude to such advanced technologies as stargates and magic cloaks for accessing the cosmos via a "stairway to heaven". An illustration he uses, superimposing the Abydos Temple pillar and the Ark of the Covenant on the human body, shows a chakra match that highlights the quest for enlightenment.

Henry takes his *Cloak* discussion further by suggesting that the US Pentagon, in its latest multibillion-dollar project to create a "super soldier", is altering the human body with nanotech and biotech and creating a "super cloak" that could render a soldier all but invisible on the battlefield. Indeed, it will improve human performance to such an extent that man will become like the gods.

This "illuminated" state of mind and body is what the ancients and the later Gnostics sought. One of the embodiments was in the Sumerian King Nimrod, who ruled the world in his "garment of light"—not unlike the biblical Joseph's "coat of many colours".

The ancients were also aware of periodic emissions affecting Earth from the centre of the Milky Way galaxy. They utilised what Henry calls a "Cosmic G-Spot Stimulator" and special blue stones that facilitated the connection with the planetary dodecahedron, our "Ship of Life". The "Big Arcane Secret", he says, is that the ancients had a method for transforming human consciousness to the level of "oracle", increasing the spiritual vibration as well as the body's innate self-healing abilities via "the pineal gland that ignites the 12 cranial nerves".

There's serpent symbolism galore in this fascinating glimpse into ancient high-tech knowledge and modern frontier research.



REVIEWS

THE SECRET HISTORY OF THE WEST: The Influence of Secret Organisations on Western History from the Renaissance to the 20th Century by Nicholas Hagger

O Books/John Hunt Publishing, Ropley,
Hampshire, UK, 2005, www.O-books.net
ISBN 1-905047-04-5 (592pp tpb)

Availability: **Australia**—Brumby Books, tel
(03) 9761 5535; **NZ**—Peaceful Living, tel
(07) 571 8105; **UK**—Orca Book Services,
tel 01202 665432; **USA**—NBN, tel 1800
462 6420

If you think that the history of Western civilisation is all about progressive leaps and bounds, with Utopian visions often ending in wars, then think again. Nicholas Hagger has produced an enticing narrative which suggests that all revolutions have occult agendas and are hardly the result of left vs right factional fighting let alone disempowered peoples rising up against their religious, kingly or political oppressors.



In *The Secret History of the West*, he analyses the roots and histories of large and small revolutions since the Renaissance.

The first part, broadly defined as the Protestant Revolution, includes the activities of the Cathars, the anti-papists, the counter-reformationists, the Puritans, the Rosicrucians, the supporters of the so-called Glorious Revolution and much more.

The second part, titled Towards a Universal Republic, considers the protagonists behind the American, French and Russian revolutions as well as the British, German and Italian imperialist revolutions.

At the end of each section, Hagger provides summaries of the revolutionary dynamics, identifying those heretical occult visionaries and interpreters behind them, those who originated the occult revolution, those who gave intellectual and political expression and interpretation to it, and those involved in physical consolidation. For example, in the case of the Imperialist Revolution of 19th-century Britain, Adam

Weishaupt and his Illuminism (a consolidation of Sionist and Templar occultism) provided the vision interpreted by Mayer Amschel Rothschild, and was given intellectual expression by Palmerston and Disraeli, political expression in the creation of the Second British Empire through Salisbury and Rhodes, and physical consolidation via the Boer War and the First World War.

Hagger courageously covers a broad territory (a detailed index would have been helpful), with a stunning array of "heretical" sects that have shaped and continue to shape our world behind the scenes. He sets the tone for the companion volume to this book, *The Syndicate: The Story of the Coming World Government*, which concentrates on the elite movers and shakers who are eyeing up the new millennium.

CONVERSATIONS ON THE EDGE OF THE APOCALYPSE

by David Jay Brown

Palgrave Macmillan, UK, USA 2005

ISBN 1-4039-6532-3 (270pp hc)

Availability: Palgrave Macmillan,

<http://www.palgrave.com>

This is the third book in its genre compiled and edited by David Jay Brown, and like its predecessors—*Mavericks of the Mind* and *Voices from the Edge*—it features interviews with cutting-edge thinkers who are creating new paradigms that hold promise for our progress in the 21st century.

Brown opens his introduction with the statement that "The future has never looked brighter or more bleak"—which is applicable in so many areas of human endeavour. Reflecting on the future evolution of the human race and the mystery of consciousness, he poses questions on the survival of humanity and of consciousness after death, on apocalypse versus renaissance, and on our place in the Universe.

Commenting on these great questions of our times are such luminaries as Kary Mullis on chemistry and the mind field, Candace Pert on molecules of mind and body, Rupert Sheldrake on psi experiments, the late John Mack on alien encounter therapy, and Ray Kurzweil on designing higher intelligence.

Douglas Rushkoff discusses bio-media theory, Robert Anton Wilson philosophises on quantum sociology and neuropolitics, Deepak Chopra gives his take on quantum spirituality, and Peter Russell expands on his "Global Brain" thesis.

Brown has a way of extracting the best out of his interview subjects, and in the process he and his contributors provide the reader with alternative ways of navigating through our current quagmire of war, terror and disaster into a new world full of human potential and purpose. There's still hope!

REVIEWS



DVDs

Selected by Duncan Roads

PYTHAGORAS, PENTAGRAMS & THE PHI RATIO

presented by Rev. Dr. S. D'Montford

© 2005 Shambhalla Awareness Centre, PO Box 76, Mascot NSW 1460, Australia, tel +61 0410 582295, email shambhalla@yahoo.co.uk, website <http://www.shambhalla.org>

Five hundred years before Christ, the Greek philosopher Pythagoras was performing similar miracles to those ascribed to Jesus. He healed the sick and the blind, and raised people from the dead. He ushered in moral and political reforms and laid the foundations for Western music, geometry, mathematics, society, politics, ethics and spirituality. Yet today he is mostly remembered for the right-angled triangle. What kind of man was

Pythagoras? What were his teachings at his mystery school at Crotona? Can this ancient knowledge benefit us today?

This DVD is a presentation of a discourse by Dr Shé D'Montford at the Theosophical Society's Blavatsky Lodge in Sydney in 2004. Overall the video quality is good. It runs for about 95 minutes and contains wide-ranging information on many subjects, from Vedic mathematics, sacred geometry and Altai Himalayan shamanistic knowledge to the life of Pythagoras. All in all, this is a very interesting presentation.



MARK THOMAS COMEDY SHOW

© 2005 Undercurrents, UK (117mins)
Produced by Undercurrents, Old Telephone Exchange, Pier Street, Swansea SA1 1RY, UK, www.undercurrents.org

In crystal-clear sound and vision, this UK TV comedian reveals the inside story on how he upset the US Secret Service by putting a bounty on the life of President Bush. Mark Thomas also displays how he obtained police surveillance images of himself. Watch the DVD and find out why the funny man was forced to sing for his life underneath a busload of East London arms



dealers. See him dodge wildly as he takes potshots at fox-hunters, advertisers and a host of multinational corporations.

Bonus extras on the DVD include *Reach for the Sky*, a 40-minute film exploring the activism against UK aviation expansion; and the award-winning *Globalisation and the Media*, a 24-minute doco analysing both the mainstream and alternative media coverage of protests and the "war on terror".

Left-wing underground humour and commentary at their best!

NUTRITION RULES!

Guidelines For A Disease Free Life presented by Graeme Sait

© 2005 Soil Therapy Pty Ltd, Australia (87mins; also available on PAL-VHS)
Available from Nutri-Tech Solutions Pty Ltd, PO Box 338, Eumundi Qld 4562, Australia, <http://www.nutri-tech.com.au>

This DVD features Nutri-Tech Solution's founder Graeme Sait speaking at the 2004-05 Woodford Folk Festival in Queensland, Australia. In his presentation, Graeme discusses diet-related health issues and the secrets of supplementation.

The statement "we are what we eat" becomes more poignant when we realise that much of what we eat is sub-standard crap. Discover the things to avoid and the things to embrace in this highly informative offering.

Topics include: counter-ing sugar sickness with stevia; the problems with GM foods; the microwave menace; food processing as an

exercise in nutrient removal; sub-clinical malnutrition; the mechanics of illness; tips on key supplements for good health; halting heart disease; the hormone link to longevity; the secrets of selenium; testosterone as much more than a sex hormone; homocysteine, the silent killer; and more.

As far as watchable quality goes, it is always hard to get a good documentary out of a lecture presentation, especially one at a folk festival—but fear not! Graeme and his team have applied their usual professional touch, so this is a great presentation.





REVIEWS

MUSIC

Reviewed by Richard Giles

LAMP FALL

by Cheikh Lô

World Circuit Ltd, UK, 2005 (52mins)

Distributors: **Australia**—MRA

Entertainment, tel (07) 3849 6020; **UK**—

World Circuit, tel 01689 870622, web-site <http://www.worldcircuit.co.uk>

Cheikh Lô began recording *Lamp Fall*, his third album, five years ago in Dakar in his native Senegal, where he laid down the basics. He added more in London, and then travelled to Bahia, Brazil, where he met up with local guitarists and the famous carnival and cultural group Ilê Aiyê. Lô's swooping vocals, Ilê Aiyê's powerful drums, a peppy trombone and the unique *tama* drum (Senegalese talking drum) make for a fearsome dose of Afro-Brazilian groove as well as some laid-back Cuban and reggae styles. The CD captures Cheik Lô's spiritual beliefs and politics along with his unique voice.

ASIAN LOUNGE

by various artists

Putumayo, USA, 2005 (51mins)

Distributors: **Aust**—MRA, tel (07) 3849

6020; **UK**—Putumayo, tel 07759

600495; **USA**—Putumayo World Music,

tel 800 955 9588, www.putumayo.com

Over the past 10 years, DJs across the globe have been mixing music from Asian cultures such as Indian, Japanese, Pakistani and Indonesian and creating unique compositions. The Putumayo label has recorded a number of these Asian-Western fusion DJs and musicians in a project to bring Asian ambient electronica and mixed fusion music to the world. *Asian Lounge* features tracks from Nitin Sawhney, Prem Joshua, Ancient Future, the Biddhu Orchestra, Bali Lounge and Deepak Chopra, among others, in a fine, ambient collection.

CHAKRADANCE

by various artists

Daily Tonic, Australia, 2005 (55mins)

Distributors: **Aust**—New World Music,

tel (02) 9565 4522; **UK**—NWM, tel

01986 891600; **USA**—NWM, tel 800

771 0987, newworldmusic.com

Compiled by Leigh Wood and Natalie Southgate, *Chakradance* has a selection of tracks, each of which is in synch with one of the seven chakras—the base, through to the sacral, solar plexus, heart, throat, third eye and crown chakras. Selections are from Mystical Sun, Cheb i Sabbah, Wally Brill, Mayko and MIDIVAL Punditz. I note a strong preference for music from artists on

the Six Degrees label, which NEXUS often reviews. This is a very "free range" CD where you can do your own thing along with the music and balance your chakras at the same time. A bonus!

EARTH – Elements Series

by Peter Kater

Real Music, USA, 2005 (60mins)

Distributors: **Australia**—New World

Music, tel (02) 9565 4522; **USA**—Real

Music Records, tel (415) 331 8273,

website <http://www.realmusic.com>

Peter Kater is well known for a string of ambient hits and is a Grammy award winner. This new CD series was inspired by the birth of his son in January 2005. *Earth* is one of four albums, each resonating with the sounds of an element—fire, earth, air, water. Kater plays piano and synthesiser together with Mike Hamilton on guitar and Richard Hardy on bamboo and native American flutes plus saxophones. With this quality series, Kater has captured a place of balance, trust and intuition while offering a sense of the wonder of the natural world.

MUSIC FOR CROCODILES

by Susheela Raman

Narada Prodn, USA, 2005 (54mins)

Distributors: **Aust**—MRA; **UK**—Virgin,

tel 020 89646000; **USA**—Narada, tel

(414) 961 8350, <http://www.narada.com>

Born in London in 1973 to parents from southern India, Susheela moved with her family to Australia when she was very young. Singing southern Indian classical music as a teenager, she later branched out into the blues. In 1995 she went to India to study with Shruti Sadolikar, one of the greatest living Hindustani vocalists. Since then she's released two classics, *Salt Rain* and *Love Trap*, and this, her third album, has mostly a jazz-influenced style with southern Indian overtones. The closing track "Leela" could become a classic soulful rock number.



Continued from page 14

Burden of proof and the need for studies on vaccine safety

Q: What is one thing you want the public to understand?

A: That the burden of proof in establishing the safety and efficacy of vaccines is on the people who manufacture and license them for public use. Just that. The burden of proof is not on you or me. And for proof you need well-designed, long-term studies. You need extensive follow-up. You need to interview mothers and pay attention to what mothers say about their babies and what happens to them after vaccination. You need all these things—the things that are not there.

Q: The things that are not there.

A: Yes.

Q: To avoid any confusion, I'd like you to review, once more, the disease problems that vaccines can cause—which diseases, how that happens...

A: We are basically talking about two potential, harmful outcomes. One, the person gets the disease from the vaccine. He gets the disease which the vaccine is supposed to protect him from, because some

version of the disease is in the vaccine to begin with. Or two, he doesn't get *that* disease, but at some later time, maybe right away, maybe not, he develops another condition which is caused by the vaccine. That condition could be autism—what's called autism—or it could be some other disease like meningitis. He could become mentally disabled.

Q: Is there any way to compare the relative frequency of these different outcomes?

A: No. Because the follow-up is poor. We can only guess. If you ask, out of a population of a hundred thousand children who get a measles vaccine, how many get the measles and how many develop other problems from the vaccine, there is no reliable answer. That is what I'm saying. Vaccines are superstitions. And with superstitions, you don't get facts you can use. You only get stories, most of which are designed to enforce the superstition. But, from many vaccine campaigns we can piece together a narrative that does reveal some very disturbing things. People have been harmed. The harm is real, and it can be deep and it can mean death. The harm is *not* limited to a few cases as we have been led to believe.

In the US, there are groups of mothers who are testifying about autism and childhood vaccines. They are coming forward and standing up at meetings. They are essentially trying to fill in the gap that has been created by the researchers and doctors who turn their backs on the whole thing.

Q: Let me ask you this. If you took a child in, say, Boston and you raised that child with good nutritious food and he exercised every day and he was loved by his parents and he didn't get the measles vaccine, what would be his health status compared with the average child in Boston who eats poorly and watches five hours of TV a day and gets the measles vaccine?

A: Of course there are many factors involved, but I would bet on the better health status for the first child. If he gets measles, if he gets it when he is nine, the chances are it will be much lighter than the measles the second child might get. I would bet on the first child every time.

Q: How long did you work with vaccines?

A: A long time. Longer than ten years.

Q: Looking back now, can you recall any good reason to say that vaccines are successful?

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A: No, I can't. If I had a child now, the last thing I would allow is vaccination. I would move out of the state if I had to. I would change the family name. I would disappear. With my family. I'm not saying it would come to that. There are ways to sidestep the system with grace, if you know how to act. There are exemptions you can declare, in every State, based on religious and/or philosophic views. But if push came to shove, I would go on the move.

Q: And yet there are children everywhere who do get vaccines and appear to be healthy.

A: The operative word is "appear". What about all the children who can't focus on their studies? What about the children who have tantrums from time to time? What about the children who are not quite in possession of all their mental faculties? I know there are many causes for these things, but vaccines are one cause. I would not take the chance. I see no reason to take the chance. And frankly, I see no reason to allow the government to have the last word. Government medicine is, from my experience, often a contradiction in terms.

You get one or the other, but not both.

Q: So we come to the level playing field.

A: Yes. Allow those who want the vaccines to take them. Allow the dissidents to decline to take them. But, as I said earlier, there is no level playing field if the field is strewn with lies. And when babies are involved, you have parents making all the decisions. Those parents need a heavy dose of truth. What about the child I spoke of who died from the DPT shot? What information did his parents act on? I can tell you it was heavily weighted. It was not real information.

Q: Medical PR people, in concert with the press, scare the hell out of parents with dire scenarios about what will happen if their kids don't get shots.

A: They make it seem a crime to refuse the vaccine. They equate it with bad parenting. You fight that with better information. It is always a challenge to buck the authorities. And only *you* can decide whether to do it. It is every person's responsibility to make up his[her] mind. The medical cartel likes that bet. It is betting that the fear will win.

About the Interviewer:

Jon Rappoport has worked as a freelance investigative reporter for 20 years. He has appeared as a guest on over 200 radio and TV programs, including ABC's *Nightline*, PBS's *Tony Brown's Journal* and *Hard Copy*.

For the last 10 years, Jon has operated largely away from the mainstream. Over the last 30 years, his independent research has encompassed deep politics, conspiracies, alternative health, mind control, the medical cartel, symbology, and solutions to the takeover of the planet by hidden elites. In 1996, Jon started The Great Boycott against eight corporate chemical giants: Monsanto, Dow, DuPont, Bayer, Hoechst, Rhône-Poulenc, Imperial Chemical Industries and Ciba-Geigy. The boycott continues to operate today.

A graduate of Amherst College, Massachusetts, with a BA in Philosophy, Jon is sixty-three and lives with his wife, Dr Laura Thompson, in San Diego, California.

Jon's article "School Violence: The Psychiatric Drugs Connection" was published in NEXUS 6/05. His book *Oklahoma City Bombing* was reviewed in NEXUS 3/02.

Jon Rappoport can be contacted by email at rappoportjon@hotmail.com or via his website, <http://www.nomorefakenews.com>.

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The device could be placed anywhere on the body, and a clear voice or music would appear in the head of the subject. This was a most unbelievable device which had actually been invented in the late 1950s. It had taken years to convince patent examiners that it worked. The initial patent was only granted after the dramatic demonstration of the device on a deaf employee of the US Patent Office.

In 1972, a second patent was issued to G. Patrick Flanagan after being suppressed by the military since 1968. This device was much more efficient in that it converted a speech waveform into "a constant amplitude square wave in which the transitions between the amplitude extremes are spaced so as to carry the speech information".²⁸

What this did is establish the code of modulation or timing sequences necessary for efficient transfers into the nervous system where the signals could be sent to the brain and decoded as sound in the same way that normal sound is decoded. The result was a clear and understandable sound.

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About the Author:

Nick Begich, MD, serves as Executive Director of The Lay Institute on Technologies, Inc., a Texas-based non-profit corporation (his research abstracts and references can be found at <http://www.layinstitute.org>). He is also the publisher and co-owner of Earthpulse Press Inc., based in Alaska.

Dr Begich is the eldest son of the late US Congressman from Alaska, Nick Begich Sr, and political activist Pegge Begich. He is well known in Alaska for his own political activities, and was twice elected president of both the Alaska Federation of Teachers and the Anchorage Council of Education. He has been pursuing independent research in the sciences and politics for most of his adult life. Begich received his doctorate in traditional medicine from The Open International University for Complementary Medicines in November 1994. He has also worked as both a Tribal Administrator and Village Planner for the Chickaloon Village Traditional Council, a federally recognised American Indian Tribe of the Athabascan Indian Nation based in Alaska.

With Jeane Manning he co-authored *Angels Don't Play This HAARP: Advances in Tesla Technology* (see NEXUS 3/01). With (the late) James Roderick he co-wrote *Earth Rising - The Revolution: Toward a Thousand Years of Peace* (7/03) and *Earth Rising II - The Betrayal of Science, Society and the Soul* (10/05). His new book on mind control is to be published in early 2006.

Dr Begich has published articles on science,

politics, health and education and is a well-known lecturer, having presented throughout the USA and in 19 countries. He has been featured as a guest on thousands of radio broadcasts reporting on his research activities including new technologies, health and Earth science related issues. He has also appeared on dozens of television documentaries and other programs throughout the world including BBC-TV, CBC-TV and TeleMundo. Dr Begich has served as an expert witness and a speaker before the European Parliament, for the Global Legislators Organization for a Balanced Environment (GLOBE) and for many other groups. He has also been a speaker at NEXUS conferences in Amsterdam and Brisbane and has contributed articles to NEXUS, his first being an exposé on the HAARP facility in Alaska (vol. 2, no. 22).

Dr Begich is married to Shelah Begich-Slade and has five children. He resides just north of Anchorage in the community of Eagle River, Alaska, USA. He can be contacted via his website, <http://www.earthpulse.com>.

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